

Mountaineer

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3rd ACR drives on through tragedy

by Sgt. 1st Class Gary L. Qualls Jr.
3rd Armored Cavalry Regiment

ALANBAR PROVINCE, Iraq — In Iraq, the days are still relentless, from the heat as well as the operational tempo of combat operations, for 3rd Armored Cavalry Regiment troopers.

The troopers' missions saw them face the danger of a not-yet-peaceful country, deal with the tragedy of fallen brothers and be a part of some breakthrough moments as they strive to plant the seeds of democracy in a war-torn land.

"Even in the more built up compounds, it's not all roses," said 3rd ACR Battle Captain Mike Davis.

Attacks of the regiment's border check points, convoys, patrols and bases have been fairly regular as Iraq's resistance movement tries to foil America's attempt to transition from combat operations to nation building.

Tragedy struck the regiment June 8 when Syrian men, feigning an illness, shot and killed Sgt. Michael Dooley at a check point on the Syrian border near Al Qaim.

Staff Sgt. Andrew Pokorny, another 3rd ACR trooper, died when the shoulder of the road collapsed, causing the M113 he was riding on to roll over. Yet a third soldier in the regiment, Staff Sgt. William T. Latham, died from wounds he suffered from shrapnel during a raid in Al Fallujah. The regiment has now lost 11 troopers during Operation Iraqi Freedom.

Counteracting the resistance in Iraq, the regiment initiated Operation Rifles Scorpion. This operation is the final assault on terrorists and Ba'ath Party officials before beginning the nation-building phase of the operation in earnest.

The squadrons have conducted many successful seizures, raids and traffic control points during Operation Rifles Scorpion. At a traffic control point in Al Fallujah, 2nd Squadron, 3rd Armored Cavalry Regiment found 204 rocket-propelled grenades in an ambulance. Troops seized many other illegal weapons as the result of tips from informants trying to help the U.S. cause here.

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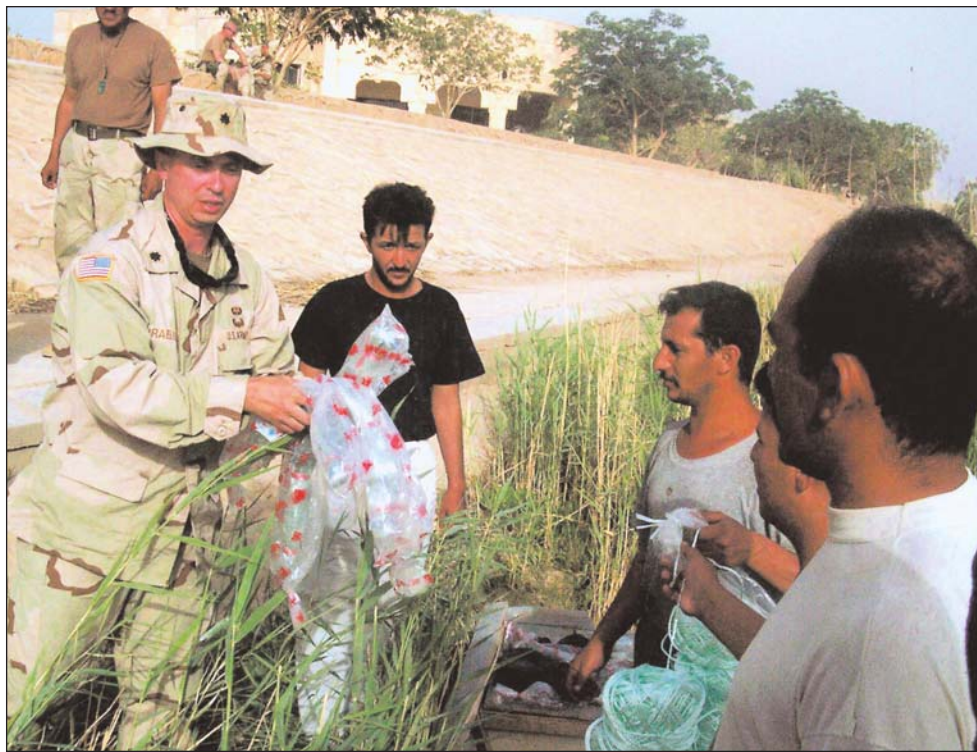


Photo by Sgt. 1st Class Gary Qualls Jr.

Lt. Col. Hector Mirable, battalion commander, 1st Battalion, 124th Infantry (Florida National Guard), gives some fishing nets to local fisherman on the Euphrates River in Iraq. The unit gave the fishermen, who had lost their nets in the war, \$2,000 worth of nets.

Guard unit trains for multforce deployment in Sinai



Photo by Spc. Jon Wiley

A member of the Iowa National Guard's 133rd Infantry Task Force assists a casualty during a training exercise conducted here in preparation for the unit's upcoming deployment to the Sinai Desert in Egypt.

by Spc. Jon Wiley
Mountaineer staff

Since March, the Mountain Post Team has mobilized the largest number of troops to deploy from here since World War II, but Fort Carson's mission as a power projection platform is far from complete.

In three weeks, another large unit, the Iowa National Guard's 133rd Infantry Task Force, will leave from here for the Middle East. The battalion-sized element of about 500 soldiers is slated to take over the Multinational Force and Observers mission in the southern region of the Sinai Desert in Egypt. They arrived at Carson in mid May to train for their deployment.

In a true Army-of-One style effort, the 2nd Battalion, 395th Field Artillery Training Support, a regular army unit from Fort Hood, Texas, also deployed to Carson to assist the 133rd Inf. TF with their mobilization.

The 2nd Bn., 395th FA TS has been run-

ning the guard unit "through the grinder" giving them lots of classes and ranges and designing realistic training scenarios that simulate the kinds of challenges they will face in the Sinai, said Sgt. 1st Class Ralph Andrade, 2nd Bn., 395th FA TS operations assistant noncommissioned officer in charge.

Before the 133rd Inf. TS deploy, it is the responsibility of the 2nd Bn., 395th FA TS to ensure they can defend a remote site, sustain a remote site, perform vehicle searches, conduct mass casualty evacuations, respond to vehicle accidents, recognize Egyptian and Israeli military equipment and do check-point operations among other things, Andrade said.

Since Sept. 11, 2001, the 2nd Bn., 395th FA TS has helped mobilize 11 Army elements in support of Operation Enduring Freedom, Operation Noble Eagle I and

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Coasters, rides and water are the attractions at Six Flags Elitch Gardens amusement park in Denver.
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What's happening
Family Day at Ironhorse Park begins at 4 p.m. Friday. Come out for games, a live band, fire works and food.

Post Weather hotline:
526-0096

227 years and counting ...

Patriotism is soul of America’s freedom

by Spc. Matt Millham
14th Public Affairs Detachment

No holiday rouses its citizens’ patriotism as does America’s Independence Day. It is more than an excuse to gloat on our greatness, eat grilled meat or send volleys of rockets into the air. There is more to patriotism than flying flags and putting our hats over our hearts at baseball games.

Patriotism in the United States suggests a profound respect for the principles our country was founded on and a sense of belonging to part of a system of ideas creating a greater good for individuals and society. E Pluribus Unum (a motto, meaning “out of many, one”). These principles are the basis of our strength as a nation, the reason our nation thrives through adversity and how we set an example for the rest of the world.

It is important we recognize the honor in acting on principles born of patriotism or of a feeling for what is right rather than of selfishness. Soldiers, sailors, Marines and airmen do not sacrifice their lives out of self-preservation, but for the preservation of the American idea, the premise of which is that every person is entitled to life, liberty and the

pursuit of their own definition of happiness. Servicemembers are people who are willing to die for their beliefs and the ideas not just of, but for a nation.

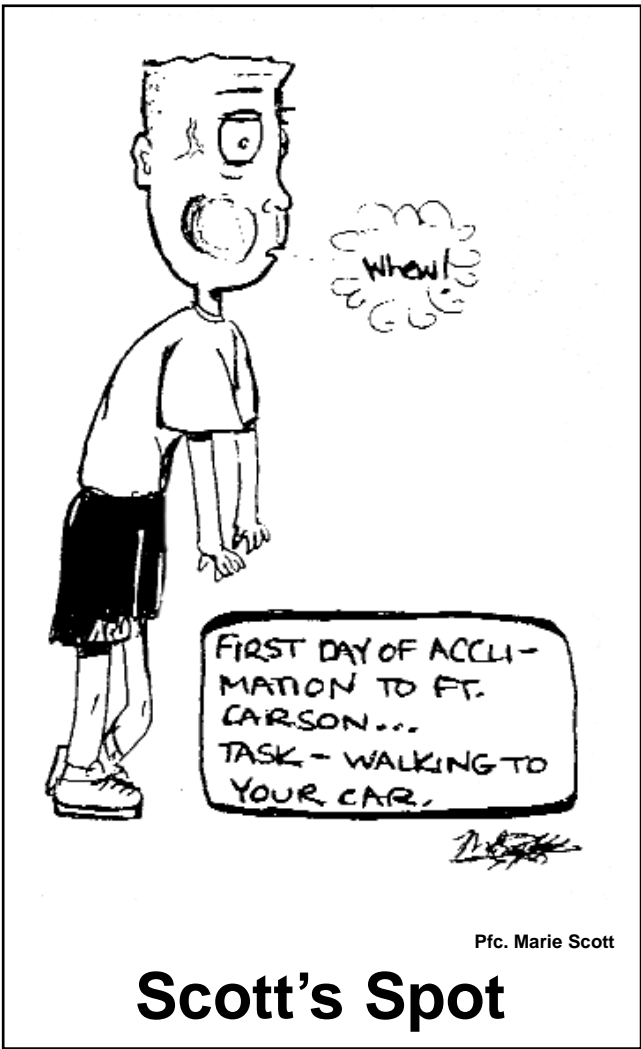
American casualties in operations in Afghanistan and Iraq are poignant reminders of the sacrifices made to create this great country. Our generation is producing its own band of patriot heroes, an assemblage of men and women who willingly put in jeopardy their own rights to life liberty and pursuit of happiness so their families and others can enjoy the products of the ideas envisioned when our American experiment began.

This year, when we celebrate the birth of our nation, these sacrifices may help put in perspective what being an American is truly about. Being American does not and should not suggest a want for wealth, power or dominance in a growingly hostile world. It should instead represent an enthusiasm to go to the carpet for the protection of liberty and freedom for those in our nation and anywhere in the world where these values, these rights, are trampled. This has been our mission in protecting our nation from further terrorist acts. This has been

our mission in freeing the people of Iraq of a despot.

The methods used to carry out these goals may be contentious, the goals themselves may not be as clearly defined as some might ask, but the people who have borne the greatest responsibility in seeing to the achievement of these goals, the soldiers, sailors, Marines and airmen of our military, are no less heroes because of these arguments, nor are their accomplishments diminished. They continue to represent the greatest ideal of American patriotism and to represent the values this nation was founded on.

In celebrating our independence we should focus on this patriotism rather than our nation’s political climate for the simple reason that our nation was given life by patriots, not politicians. Rather than focus on the acts of our government we should instead look to the acts of our people for evidence of patriotism and specifically to the acts of our servicemembers. The greatest burden of our freedom is hoisted on the shoulders of those citizens who perform the most perilous tasks for the protection of all our liberty.



Sustainability Master Plan to help Fort Carson environment

Courtesy of the Directorate of Environmental Compliance and Management

Sustainability has many definitions. One accepted way of explaining the concept of sustainability is: “The use of resources to meet the needs of the present without compromising the ability of future generations (or soldiers) to meet their own needs (mission).”

The Sustainability Master Plan goal for Fort Carson is: “Implement integrated, comprehensive Fort Carson Sustainability Master Plan to include local stakeholders.”

“Our destiny is shaped by our thoughts and our actions. We cannot direct the wind but we can adjust the sails.”

— author unknown

Development of a

Sustainability Master Plan is one of Fort Carson’s sustainability goals. The plan will incorporate sustainability principles when planning for the use of Fort Carson’s land.

Fort Carson subject matter experts and community stakeholders with expertise in specific areas will help in development of the plan.

Some of the principles of sustainable master planning:

- Reduce the environmental impact from building locations.
- Plan buildings in areas that encourage walking (next to cafeterias, etc.).
- Consider remodeling existing structures instead of demolishing them and rebuilding.
- Consider transportation aspects when determining loca-

tions for buildings.

- Consider off-post local area planning activities.

Future Fort Carson Sustainability Master Plan goals:

- Actively work with the local community planners to prevent the encroachment of development and establish a larger buffer zone around Fort Carson.
- Improvement of the installation neighborhood walking areas.
- Improvement of vehicle and pedestrian traffic.
- Development of a master plan for Fort Carson that addresses quality of life issues.
- Increasing open space for recreation and conservation.

If you wish to support the sustainability program, please contact Kelly O’Neill at kelly.o’neill@carson.army.mil.

LETTERS TO THE EDITOR

The Mountaineer invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-81, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

MOUNTAINEER

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News

Vacation time ...

MWR offers discounts to redeploying soldiers

by Harriet E. Rice
Army News Service

ALEXANDRIA, Va.— This summer, many theme parks, regional attractions and vacation destinations will salute the military with free admissions and deep discounts that last through late fall and early winter.

Information, Tickets, and Registration staff on posts all over the world can help customers save even more by providing the absolutely lowest rates for hotels near those attractions and destinations, at the same timing generating money for its installation Morale, Welfare and Recreation fund, says Dan Yount, chief of the Leisure Travel Office at the Army Community and Family Support Center.

That Web site, www.offdutytravel.com is the one-stop online “go-to” source for information about every conceivable discount, adds Yount. For example, there are all-inclusive resort vacations (this means unlimited food, activities and beverages including those dispensed from the bar) at to-die-for locations in the Caribbean and throughout the United States as well as discounted recreational vehicle rentals and much more, Yount says.

Another example he gives is the cost of hotel rooms: hotel discounts are as much as 40 percent in major cities such as Boston and New York City, and

ITR staff can book rooms.

Along with the ITR, soldiers and their families can also check out Web sites run by various theme parks and resorts offering discounts.

Sandals Resorts, with 17 resorts in Jamaica, Antigua, the Bahamas and St. Lucia, is offering a free, three-day vacation to soldiers with a \$1 million donation through Operation Relax. The resorts will pay for a trip to their resorts if soldiers can prove their service with a photocopy of orders stating they are on active duty and a copy of their military ID card. Spouses can fill out an application if the applicant is deployed.

Applications are on a first-come, first-served basis and must be received by Aug. 9, 2003. The applications will be accepted until the \$1 million mark is reached. Once the applications are authenticated, a certificate for the deluxe vacation will be mailed out to the soldier. The certificate will be good for two years after that. For more information go to www.sandals.com.

The country’s major theme parks — Disney, Universal Studios, Anheuser-Busch — are all offering free passes to military members. All soldiers whether they’re in the National Guard, Army Reserves or on active duty, can take advantage of the deals, said Yount.

At the Universal Studios Hollywood park, active members of the military qualify for free admission

until Dec. 19. Up to five family members or friends of each servicemember will also be able to purchase the same pass for \$39 until Dec. 19.

For more information about Universal Military Salute visit www.universalorlando.com/military or www.UniversalStudiosHollywood.com.

Soldiers who want to go to Disneyland or Disney World’s “Armed Forces Salute” have to prove their service from Sept. 1, 2002 to Dec. 19, 2003, to take advantage of the free pass, said David Brady of Walt Disney Media Relations.

For more information about the Disney deals, visit www.disneyland.com/military.

Information and applications about all the various passes and offers appears on www.offdutytravel.com at the menu item “Special Free Admission Offers.”

Soldiers must accompany their family members to the parks in most instances. Retired military and Department of Defense civilians are still eligible to purchase the regular military discount tickets.

“You’d really be hard-pressed to beat some of the travel, entertainment and vacations deals that are being offered to the military right now, and if customers can help keep some of their hard-earned money at home to benefit their own MWR programs by using ITR and the Web site, so much the better,” says Yount.

Army resumes eArmyU

by Spc. Jon Wiley
Mountaineer staff

Good news for those interested in pursuing a higher education while maintaining high professional standards as soldiers — the Army resumed its popular eArmyU program June 16 after a brief suspension that began in March.

The program is an excellent way to obtain a degree from home, said Virginia Frazier, an education services specialist here.

Those who qualify are issued a laptop computer, Internet service provider, e-mail account and 24-hour technology support, giving them online access to 25 colleges and universities collectively offering 24 certificate programs, 55 associate's degrees, 42 bachelor's degrees and 17 master's degrees.

"For those who are interested, this is a great time to sign up for the program because so many Carson soldiers are

deployed, and we receive allocations (the number of people allowed to participate) from the Department of the Army based on installation size," said Terry Brubaker, the education services officer here.

There are currently 579 slots left for Carson soldiers in fiscal year 2003.

To qualify, you must be an enlisted active duty soldier stationed at Fort Carson or within its geographic servicing area with at least three years remaining before your End of Term of Service date. You also need a high school diploma or General Education Degree, an assessment and recommendation from an education counselor, to pass a computer literacy assessment test and your commander's approval.

For more information, attend a briefing at the Education Center here, building 1117, room 222, Tuesdays at 9 a.m. and 11:30 a.m. and Wednesdays at 1:30 p.m. Call the center at 526-3971, or visit www.eArmyU.com.

3rd ACR

From Page 1

Just as the regiment was making strides in combat operations, it was also progressing on the humanitarian front. With the help of one the squadron's female physicians, a women's clinic near Al Asad Air Base reopened for the first time in six months, giving Iraqi women badly-needed health care.

The regiment also received humanitarian rations to distribute to a hospital in Ar Ramadi.

The 1st Battalion, 124th Infantry gave new nets to local fishermen whose nets had been burned in the war. The 122nd Engineer Battalion is making soccer fields and parks for area children, improving the infrastructure of hospitals, improving roadways and repairing damaged bridges. Civil Affairs personnel from the 490th Civil Affairs Battalion (Abilene, Texas), have been involved in everything from helping seriously ill children get treatment to rendering support during free elections

to distributing food to needy Iraqi citizens.

The 350th Mobile Public Affairs Detachment (Indianapolis), has been working closely with radio and television engineers in Baghdad to get TV and radio stations on the air. Currently, three TV stations in 3rd ACR's area of operations are broadcasting and are on the official network of the transitional government — the Iraqi Media Network. These stations will broadcast Iraqi shows and movies and play Iraqi music, but they will all communicate pro-coalition themes and messages. This is considered a huge step forward in the transition from combat operations to rebuilding efforts by regimental leaders.

The 3rd ACR's progressive strides didn't come without a dear price, but if the regiment's efforts here can result in the kind of fresh-start-on-life joy evident in the whoops by local fishermen after they received their new fishing nets, then at least cavalry troopers will have something to show for their blood, sweat and tears in this hard land.

Military

New operations DCG assumes duties at Peterson

by Maj. Laura Kenney
Army Space Command

In a welcome ceremony framed against the backdrop of the Rocky Mountains, the new deputy commanding general for Operations assumed his duties June 23.

The ceremony introducing Brig. Gen. Robert P. Lennox was held in front of the U.S. Space and Missile Defense Command — Colorado Springs building, with Gen. Lance Lord, commander, Air Force Space Command and many state and local dignitaries attending.

Lt. Gen. Joseph M. Cosumano Jr., commander, SMDC, presented the new leader to the assembled audience with words of high praise.

“What a fine soldier and general he is. Although many of his accomplishments can be read about in his bio, there’s a lot that’s missing.

“Brig. Gen. Lennox comes to us from his last post as deputy commanding general, Fort Bliss, Texas. In that position, he helped more than 10,000 soldiers — active and Reserve component — and their equipment deploy for Operation Iraqi Freedom.

“Brig. Gen. Lennox is one of the great young generals in the Army today, and he comes to us at a time of tremendous change. We still have many soldiers and civilians deployed in harm’s way, as they put their lives on the line for a just and righteous cause. The new DCG for operations will be an important part of a great team,” concluded Cosumano.

Lennox thanked Cosumano for his kind words, but immediately deferred the praise to his soldiers.

“These are indeed exciting times we live in. Between current operations, the stand up of the Ground Based Missile Defense Brigade and establishing the Army Service Component command relationship with U.S. Strategic Command, we have many challenges ahead of us. I had the chance to witness first hand the terrific job Army Space Command soldiers were doing during Operation Iraqi Freedom. You have a world-class reputation, and I couldn’t be prouder at joining you. I’m anxious to roll up my sleeves and get started,” said Lennox.

Lennox is a native of Houston. He is a 1977 graduate of the U.S. Military



Photo by Sgt. 1st Class Dennis Beebe

Lt. Gen. Joseph M. Cosumano Jr., commanding general, U.S. Space and Missile Defense Command, and Brig Gen. Robert P. Lennox, new deputy commanding general of Operations, salute as the National Anthem is played during the ceremony welcoming Lennox to the command.

Academy at West Point where he earned a bachelor’s of science degree in Engineering. He also holds a master’s degree in business administration from Stanford University.

A few of his most recent assignments include: deputy commanding general, U.S. Army Air Defense Artillery Center and Fort Bliss; the Army Staff

Transition coordination officer for the director of the Army Staff; commander, 108th Air Defense Artillery Brigade; and Air Defense Analyst, Joint Staff in the J-8 Directorate for Force Structure, Resources and Assessments.

Military Briefs

Hours of operation
Information, Tickets and Registration Office and the Outdoor Recreation Complex Information Desk have been combined in an effort to better serve customers. Hours of operation are Tuesday through Saturday, 10 a.m. to 5:30 p.m. For information, call 526-2083 or 526-5366.

For official travel services, Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Monday through Friday from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their “travelopes” and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an e-ticket.

Please call 576-5188 to confirm

receipt of faxed orders. Tickets will not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an e-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

Legal Assistance hours — Hours at the Legal Assistance are back to normal. Walk-ins to see attorneys are Mondays and Fridays only; sign in is at 12:30 p.m. on a first-come, first-served basis. Powers of Attorney and notaries are done on a walk-in basis 9 a.m. to 4 p.m., Mondays, Tuesdays, Wednesdays and Fridays and Thursdays from 1 to 3 p.m.

New CIF Hours

Effective immediately, individuals may conduct their business at Central Issue Facility (draw, turn-in, direct exchange) during the following times:

Building 330: Mondays, Tuesdays, Wednesdays, Thursdays and Fridays from noon to 3 p.m.; Tuesdays 8 to 11 a.m.; Wednesdays 8 to 11 a.m.

Building 309 (desert items): Mondays, Tuesdays, Wednesdays, Thursdays and Fridays, 8 to 11 a.m. and noon to 3 p.m. There may be an occasional change to the hours if there is a large unit mobilizing or demobilizing. The change will be put out through e-mail, mobilization meetings, command sergeant major channels and

signs at CIF.

Turn-in of complete TA-50 (End of Time in Service, Permanent Change of Station) is by appointment; call 526-5512.

Bulk issue or turn-in of items by supply sergeants must still be done by appointment. Appointments should be made with Connie Thompson, CIF, at 524-2006.

Briefings

eArmyU — eArmyU Program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9:30 and 11:30 a.m. and Wednesdays at 11:30 a.m.

Special Forces briefings — Special Forces recruiting briefings are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at the Grant Library for males in the pay grades E-3 to E-7 with a general test score of 100 or higher and who are U.S. citizens.

ETS/Transition briefing schedule — In order for soldiers to receive their End of Time in Service orders, soldiers must attend an End of Term of Service briefing. Soldiers may sign in at 7:15 a.m. and the briefing begins at 7:30 a.m. in building 1118, room 317.

For more information, call the Transition Center at 526-2240 or 526-4298.

The Commanding General’s Newcomers’ Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Laundry Service

Post Laundry Service — The Post Laundry service provides free laundry and dry cleaning service to soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the Post Laundry prior to turn in. Soldiers are reminded to allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. The turn around for the service is 72 hours. No appointment is necessary. The Post Laundry will not clean personal items like BDUs, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Editor’s note: The deadline for submitting “briefs” to the Mountaineer is 5 p.m. Friday before publication.

Command FRG leadership AFAP priority

by Nancy Montville

Army Family Action Plan program manager

Fort Carson held its annual Army Family Action Plan Conference in November 2002. The Family Support, Volunteers and Employment work group prioritized the establishment of “Command Family Readiness Group Leadership Teams” as one of their top issues.

The scope of this issue states that 7th Infantry Division and Fort Carson regulations 608-47, paragraphs 2 and 3 state that commanders are ultimately responsible for unit FRGs. FRGs would operate more effectively if the senior noncommissioned officer shares the responsibility. The group made the following recommendations: 1) Change the regulations to establish a command FRG leadership team at all unit levels, 2) Establish a FRG trained and certified team consisting of: the commander, the senior NCO, the FLNO, and the volunteer FRG leader, 3) Change regulations to include shared responsibilities for FRG between the commander and senior NCO.

Judy Woolley, director, Army Community Service,

responded to this issue, cited Department of the Army pamphlet 608-47, A Guide to Establishing Family Readiness Groups, Appendix B defines responsibilities of various designated support personnel and organizations for operation of FRG s in accordance with AR 600-20, Army Command Policy. There is no reference to any NCO responsibility for family readiness group operations. Accordingly, 7th ID and Fort Carson Regulation 608-47 does not include any reference to establishing a team responsible for FRG management and operation that includes an NCO. AR 600-20, Army Command Policy does not reference any NCO responsibility for family readiness group operation.

Woolley made the following recommendations: 1. AR 600-20, Army Command Policy, Appendix B, should be changed to include the senior NCO of the unit as sharing responsibility for FRGs.

2. DA pamphlet 608-47, A Guide to Establishing Family Readiness Groups, should be changed to require Command Leadership Teams, consisting of the commander, the senior NCO, the FLNO and the FRG Leader, be

established and the pamphlet should be changed to reflect the requirement for the team to be trained in FRG operations at the installation

3. Then, recommend that 7th ID and Fort Carson Regulation 608-47, be changed to reflect the changes made to responsibilities and training requirement as reflected in the revised AR 600-20 and DA pamphlet 608-47.

This issue cannot be resolved at the local level. It was sent to the Forces Command AFAP Conference for consideration. It responded with the following: “The Command FRG Leadership team is a commander’s responsibility. Regulation and reference materials are available for senior leadership and are addressed during various levels of leadership instruction that officers and senior NCOs receive throughout their career.”

For more information or to submit a new issue for the Army Family Action Plan Conference, call Nancy A. Montville, the Army Family Action Plan Coordinator 526-4590, or by e-mail at Nancy.Montville@carson.army.mil.



Week of July 5 to July 11

Weekday Dining Facilities

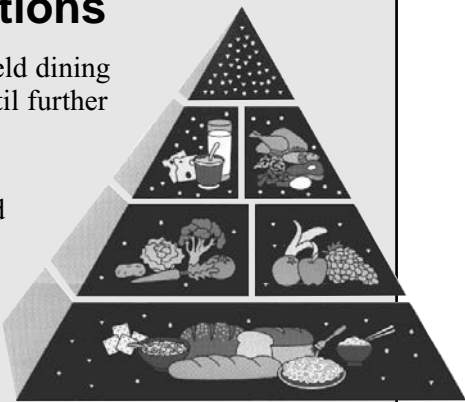
43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
3rd ACR Patton House (building 2161)
10th SFG (A) (building 7481)

Weekday Meal Hours

Breakfast 6 to 9 a.m. (All facilities)
6:30 to 8:30 a.m. (Cheyenne Mtn. Inn)
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

Exceptions

- Butts Army Airfield dining facility is closed til further notice
- 3rd BCT is closed indefinitely
- Cheyenne Mtn. Inn is closed July 2-6



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR Cav. House. (building 2461)
43rd ASG (building 1040)
3rd ACR Patton House (building 2161)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.
3 to 5 p.m. (Cheyenne Mtn. Inn)

Planning before marriage key to success

by Pvt. Aimee J. Felix
Mountaineer staff

A soldier's life usually involves many moves. Significant others, bidding

farewell at every deployment or temporary duty assignment, commonly develop insecurities. In an attempt at having security, the idea of marriage may be considered.

Marriage and child bearing are not remedies for low self-esteem. The decision to start a family is a lot more serious than the hormonal highs of infatuation. There are many emotional and financial factors to be considered, especially in military marriages.

The normal difficulties a couple encounters in a committed relationship are multiplied by the nature of constant change in the military, said James M. Simson, marital therapist, social work services. A wedding does not resolve these difficulties; it's whether or not the couple can survive these things that will. A couple should wait and see how well they adapt to these circumstances before rushing into marriage in a desperate attempt at keeping the other person "hitched," said Simson.

In order for a marriage to work, a good friendship needs to be its foundation, said Jeanne E. Koss, Soldier and Family Readiness Program manager, Army

Community Service. A marriage is about sharing your life with someone and the responsibilities therein. "People need to understand that once they get past the dreamy, rose-colored stage of marriage, the fact remains there are still basic needs that need to be taken care of like who's going to change the oil," Koss added.

Proactive family planning is key in making a marriage successful. To this end, ACS provides the Prevention and Relationship Enhancement Program.

Developed by two people in the University of Denver Department of Medicine in 1992, it's turned out to be one of the most effective

programs used in preventing marital problems, said Koss. "We also teach that marriages are to be egalitarian, and that military marriages need to be the most flexible due to the nature of military life," said Koss. In stabilizing the marriage, programs like these set the groundwork for couples planning to have children.

Although it is normal for questions of

commitment to come up long after the marriage, most, if not all, of these concerns should definitely be alleviated by the time a couple decides to have children, said Simson.

"When you have children they need to be first," said Koss. "When you're young there tends to be a need to still put yourself first," she added. Couples, young ones especially, need to determine if they're ready for such self-sacrifice.

Child bearing should never happen in order to satisfy a personal void for love and affection. It should come as a result of the fact that you, as a completed individual and part of a healthy couple, have much to offer, said Koss. This should include financial stability.

While many couples have a hard time discussing finances, doing so is a preventive technique that can avoid future problems, said Patricia Ann Randle, program director, financial readiness. Open communication of financial and credit status establishes the groundwork to start a budget designed with the couples' specific needs.

Many parents have children and then work their budget around them. Discussing finances in advance can avoid this common mistake, said Randle. It also helps to determine whether or not both parents will need to work. Parents often find that having only one income is more efficient than paying for childcare, said Randle.

"One of the biggest mistakes newly married couples make is under budgeting, which generally results in an overuse of credit," said 1st Lt. Theodore Stutz, executive officer, Detachment C, 4th Finance Battalion. All expenses should be included in a budget, especially if the couple is considering children. It reveals what cutbacks, if any, are needed.

Another important financial factor is banking procedure. In order for a couple to grasp the "our money" concept that serves a marriage well, couples should have at least one joint account, as well as separate accounts to maintain their individual financial independence, said Randle.

Nowadays, marriages lack good role models, said Koss. ACS provides classes and workshops designed for people to learn things about themselves as potential mates before entering a marriage, said Koss.

Social Work Services, another marital resource, offers free marital counseling. Their counselors provide an often necessary mediator.

"It is very unusual for a marriage to take place without arguments," said Simson.

"Sometimes it seems we all get married too young," said Simson. "Before getting married people should answer two questions: 'Where am I going?' and 'Who am I going there with?' in that order," he said.

4th Finance provides briefings for FRGs, soldiers

by 1st Lt. Theodore Stutz
4th Finance Battalion

The 4th Finance Battalion provides many services beyond the normal customer service.

For units that have or are expected to redeploy in the near future, the unit or Family Readiness Groups can contact 4th Finance to schedule a briefing. The objectives of the briefing would be: to make sure soldiers were not overpaid or underpaid while deployed, to walk soldiers through the process of claiming their 10 percent save-pay, to answer any questions about changes in their pay that may have occurred during deployment, and to offer advice on any financial decisions redeploying families may be making. Units or Family Readiness Groups can call finance at 526-6293 to schedule a briefing.

Answers for separating soldiers with Thrift Savings Plan accounts

What is my current balance?

Your current account balance is available after the monthly processing cycle, once earnings have been allocated to participants' accounts. The previous month's balance (and rates of return) are generally available on the fourth business day of the month on the Web at

www.tsp.gov/index.html. You will need your Social Security number and Personal Identification Number. If you do not know your PIN, you can request a new one from the Account Access section of the Web site or from the ThriftLine (504) 255-8777.

How do I request a withdrawal of my TSP account?

You can request either a partial or a full withdrawal through the account access section of the Web site. You can also use paper forms to make your request. If you would like to make a partial withdrawal, you can complete a paper request using Form TSP-U-77, Request for Partial Withdrawal When Separated; if you would like to make a full withdrawal of your account, complete Form TSP-U-70, Request for Full Withdrawal.

If you choose to use the Web site to request your withdrawal, be aware you may not be able to complete your request online. For example, if you are married, you will not be able to complete your request for a partial withdrawal because you will need your spouse's consent for that withdrawal. If you request a full withdrawal and your account balance is more than \$3,500, your spouse must waive his or her right to the prescribed annuity. Also, you will not be able to complete a request for a transfer to a tra-

ditional IRA or eligible employer plan because it requires certification from your financial institution or plan. However, if you use the Web site in these types of situations, you will be able to print out your partially completed form, obtain any necessary signatures, information, or documentation, and send the form to the TSP Service Office.

Where will my withdrawal be sent?

Your withdrawal check will be mailed to you at the address in your TSP account record or to your traditional IRA or eligible employer plan, if you elected a transfer. Or, if you prefer, a withdrawal to you may also be directly deposited into your checking or savings account electronically, i.e., by electronic funds transfer.

If your address is not correct, when you are separated, you can correct it through the account access section of this Web site or by submitting a change of address (Form TSP-U-9) to the TSP Service Office. Alternatively, when you submit a withdrawal request, the address on your request will be used to update your TSP address of record.

How will my TSP benefits be taxed?

Generally, all of the money from a TSP account paid directly to you (or to

your checking or savings account via EFT) will be taxed as ordinary income for federal tax purposes in the year in which you receive it. This is because your contributions to your TSP account are taken out of your pay before your federal income tax withholding is computed and therefore, contributions are not included as income on your Form W-2. Also, the earnings on your TSP account are not subject to federal income tax while your money is in the TSP.

However, if you made any tax-exempt contributions to the TSP (i.e., from pay subject to combat zone or qualified hazardous duty tax-exclusion pay), the portion of your withdrawal that represents the tax-exempt contributions will be exempt from tax. On the other hand, earnings attributable to tax-exempt contributions are taxable when withdrawn.

The method you choose to receive your withdrawal determines when you must pay the income tax. Because some withdrawal methods defer your receipt of the money from your account, your tax liability may also be deferred.

For detailed information about tax withholding requirements and the tax consequences of your withdrawal choice, read the tax notice "Important Tax Information About Payments From Your TSP Account" on the TSP Web site.

Monkeypox — *nothing to go bananas over*

Courtesy of Evans Army Community Hospital

Recent fears of bio-terrorism attacks in the United States have plagued the country since the terrorism events of Sept. 11, 2001. Concerns about anthrax, smallpox, bubonic plague, and now monkeypox have medical researchers and bio-defense experts scrambling to take steps to protect America.

Many servicemembers have been vaccinated for smallpox and some for anthrax, but experts say there is no need for another vaccination against monkeypox. Vaccinia, the current virus used for smallpox vaccinations, should prevent the disease from affecting the military as well as becoming a major outbreak in the civilian sector.

Monkeypox is in the same family as smallpox. However, monkeypox would not make a very good biological weapon, said Col. Timothy P. Endy, chief, Division of Virology, U.S. Army Medical Research Institute of Infectious Diseases at Fort Detrick, Md. It is harder to infect humans with monkeypox, and the mortality rate is much lower than other biological agents.

"Human cases of (monkeypox) are rare. Monkeypox in human populations, where it occurs in epidemic form (Democratic Republic of the Congo), has a mortality rate

of 5 to 12 percent," he added. None of the just more than 30 cases in the United States have died from monkeypox. "Smallpox in certain manifestations, like hemorrhagic smallpox, has a mortality ranging between 30 and 80 percent."

"Smallpox and monkeypox are in the family of viruses called the orthopoxviruses," Endy said. "Within this family are smallpox, monkeypox, cowpox, vaccinia, camelpox, sheeppox, etc. The closest genetically to smallpox is actually camelpox, which produces a disease in camels similar to smallpox."

He said there have been studies in the Congo suggesting that smallpox vaccinations are about 84 percent effective in protecting against monkeypox in humans.

The disease is not a major concern for military officials, Endy said, and no military members have been identified as having it. Current patient isolation procedures, medical staff hygiene practices and bio-threat response training are in place to contain and prevent potential epidemic situations created by most biological threats present in the world today.

In humans, the signs and symptoms of monkeypox are similar to those of smallpox, but usually milder, according to a Centers for Disease Control and

Prevention fact sheet. Unlike smallpox, monkeypox causes swollen lymph nodes. The incubation period for the disease is about 12 days. An infected person normally first experiences flu-like symptoms.

Several days after the onset of the flu-like symptoms, a blister-like, papular rash appears, first on the face and later on other parts of the body. The lesions eventually turn to scabs and eventually fall off. The illness typically lasts for two to four weeks.

Monkeypox seems to be transmitted to humans from infected animals, such as monkeys, prairie dogs and rodents. Like smallpox, monkeypox seems to spread through face-to-face contact with an infected person, but it is much less infectious than smallpox. Contact with body fluids and infected objects, such as bedding or clothing can also spread the disease.

As the Department of Defense's lead laboratory for medical aspects of biological warfare defense, USAMRIID conducts research to develop vaccines, drugs and diagnostics for laboratory and field use.

In addition to developing medical countermeasures, USAMRIID formulates strategies, information, procedures, and training programs for medical defense against biological threats.

Mass Casualty

From Page 1

Operation Noble Eagle II, said Lt. Col. John Siggelow, unit commander.

It's also the first field artillery unit to be selected to do the MFO training mission.

"For our battalion, the MFO mission

is just one mission we're doing within a much larger framework. We deployed to Fort Bliss (Texas), to conduct an artillery specific operation, then deployed from Bliss to Carson, and now we're deploying from Carson to Camp Shelby, Miss., to do another field-artillery mission," Siggelow said.

He explained that the unit's regular mission is to train field artillery units, and

one of the biggest challenges for them in doing the MFO mission was training themselves on infantry-specific tasks so they could effectively teach them.

Another challenge has been for the unit to maintain its commitments to its regular artillery clients in Kansas, Missouri, Louisiana and Texas while taking on extra responsibilities, Siggelow said.

"From our standpoint, it's a very complicated operation to deploy ourselves from Texas to Colorado to Mississippi back-to-back, but Lt. Col. Ben Corell, 133rd Inf. TS commander, said he was pleased with the training.

"Everything we need to complete the MFO mission has been provided here at Carson. The groundwork for success has been laid," he said.

CSU provides Carson water quality report for 2003

Courtesy Directorate of Environmental Compliance and Management

Editor's note: This is required public notification information.

Fort Carson is a consecutive system from Colorado Springs Utilities. Our water comes from the Colorado Springs water system and is currently provided from the Fountain Valley Authority. Colorado Springs does the major portion of the compliance monitoring for this drinking water and the Colorado Springs Utilities monitoring information is included with this report. Fort Carson does 360 analyses per year (30 per month) for total coliform bacteria, 12 analyses per year (three per quarter) for total trihalomethanes, and 30 analyses per year for lead and copper in the distribution system. The data is summarized below:

This table shows the results of Fort Carson's monitoring for the period of Jan. 1 to Dec. 31, 2002 unless otherwise noted:

Water source information

Our customers receive water blended from multiple sources: surface water, ground water and purchased water. The water source may vary during the year.

With no major source of water nearby, we rely on a raw water collection system that delivers water to Colorado Springs from nearly 200 miles away. The headwaters, or sources, that supply these systems originate in wilderness areas near Aspen, Leadville, and Breckenridge. Nearly 75 percent of our water originates from many mountain streams (surface water). Water from these streams is collected and stored in various reservoirs along the Continental Divide. The collection systems in this area consist of the

Homestake, Fryingpan-Arkansas, Twin Lakes, and Blue River systems. The majority of this water is transferred to Colorado Springs through pipelines that help protect the water from contamination, such as herbicides, pesticides, heavy metals, and other chemicals. Water delivered to Colorado Springs is stored at Rampart Reservoir and at the Catamount reservoirs on Pikes Peak, which then supply our water treatment plants.

We also use local surface and ground water sources. Local surface waters are from the north and south slopes of Pikes Peak, North and South Cheyenne Creeks, Fountain Creek and the Northfield Watershed. The local ground water source is from the four Pinello Wells (46 to 52 feet deep) which are pumped from the Widefield aquifer.

We purchase treated surface water from the Fountain Valley Authority. FVA receives water from the Fryingpan-Arkansas Project. The Fryingpan-Arkansas Project is a system of pipes and tunnels that collects water in the Hunter-Fryingpan Wilderness Area near Aspen. Waters collected from the system are diverted to the Arkansas River, near Buena Vista, and then flow some 150 miles downstream to Pueblo Reservoir. From Pueblo Reservoir, the water travels through a pipeline to the water treatment plant.

Operating Under an Exemption: Lead and Copper Rule Water Quality Parameter Ranges

On Nov. 8, 2002, we were granted a six-month Water Quality Parameter exemption for pH and alkalinity in the distribution system. The Pinello Well system went online in August 2002. The water from this system had a pH less than the established range (7.1 to 9.0 S.U.) and an alkalinity greater than the established

range (20 to 140 mg CaCO3/L). The exemption allowed us time to install a chemical feed system on the Pinello Well system that increased the pH so the water is less corrosive. Modified pH and alkalinity ranges were approved (7.0 to 9.0 S.U. and 20 to 200 mg CaCO3/L respectively); they were effective Jan. 1, 2003. Treatment was online as of Dec. 19, 2002, and water entering the distribution system complied with the new ranges.

Additional monitoring

Unregulated contaminants are those for which EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist EPA in determining the occurrence of unregulated contaminants in drinking water and whether future regulation is warranted. During 2002 and early 2003, we performed additional quarterly unregulated contaminant monitoring at the Pine Valley, McCullough, Mesa and Ute Pass Water Treatment Plants. None of the contaminants tested for were detected. The monitoring results are available to the public. To obtain the results, please call (719) 668-4560.

Additional information about nitrate

Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate levels may rise quickly for short periods-of-time because of rainfall or agricultural activity. If you are caring for an infant, and detected nitrate levels are above 5 ppm, you should ask advice from your health-care provider.

Editor's note: The following information is provided by Colorado Springs Utilities.

Microbiological Contaminants							
Contaminant	MCL	MCLG	CCR Unit	Level Detected	Violation Yes or No	Sample Date	Likely Source of Contamination
Total Coliform Bacteria	System collects>40 samples: 5 percent of monthly samples are positive System collects<40 samples: 1 positive monthly	sample 0	Absent or Present	Absent	No	Various Jan. 1 to Dec. 31, 2002 unless otherwise noted. (360 samples)	Naturally present in the environment
Lead and Copper							
Contaminant	MCL	MCLG	CCR Units	Level Detected/Range	Violation Yes or No	Sample Date	Likely Source of Contamination
Copper	1.3	1.3	ppm	2.0 (.02-2.0)	No	Oct 02	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead	15	10	ppb	17 (.5-17)	No	Oct 02	Corrosion of household plumbing systems, erosion of natural deposits
Unregulated Organic Contaminants							
Contaminant	MCL	MCLG	CCR Units	Level Detected/ Range	Violation Yes or No	Sample Date	Likely Source of Contamination
Bromodichloromethane	N/A	N/A	ppb	25 (13-25)	N/A	Apr/Jun/Sep/Nov 2002	By-product of drinking water chlorination.
Chlorodibromomethane	N/A	N/A	ppb	13 (4.9-13)	N/A	Apr/Jun/Sep/Nov 2002	By-product of drinking water chlorination.
Chloroform	N/A	N/A	ppb	51.9 (20-51.9)	N/A	Apr/Jun/Sep/Nov 2002	By-product of drinking water chlorination.

The Fort Carson contact for water quality information is Richard Pilatzke, Water Program Manager, (719) 526-1730.

Colorado Springs Utilities (PWSID # CO0121150) 2003 Water Quality Report Information for Fort Carson Army Base (PWSID # CO0221445)
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This table shows the combined results of our monitoring for the period of Jan. 1 to Dec. 31, 2002, unless otherwise noted.

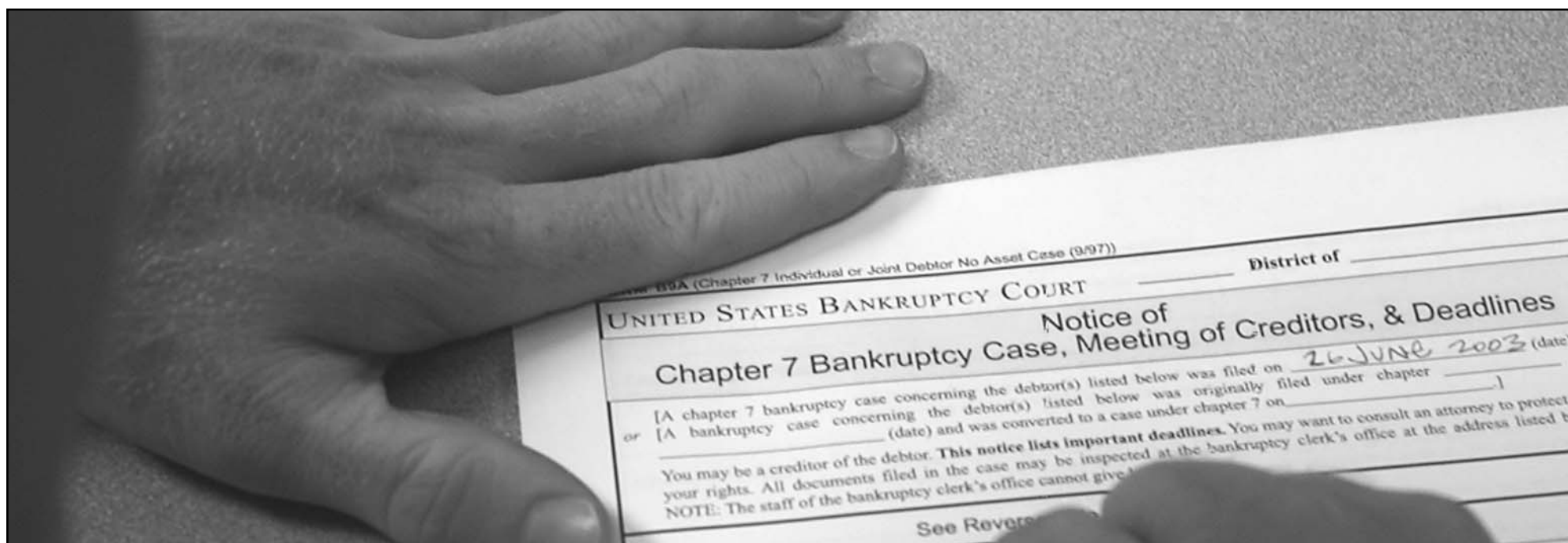
Microbiological Contaminants							
Contaminant	MCL	MCLG	CCR Unit	Level Detected/Range	Violation Yes or No	Sample Date Likely Source of	Contamination
Total Organic Carbon	TT	N/A	N/A	N/A(No	Running Annual Average	Naturally present in the environment
(The Disinfectants and Disinfection Byproducts Rule provides several alternative compliance criteria besides the TOC removal ratios. We did not report TOC removal ratios because we met an alternative compliance criteria. The alternative compliance criteria that we use is §141.135 (a)(2)(ii). Our treated water TOC levels are <2.0 ppm calculated quarterly as a running annual average							
Turbidity	TT = 1 NTU			1			
Lowest Monthly Percent of readings above the TT limits	TT = 95 percent of samples <0.3 NTU	N/A	NTU	99 percent	No	Jan-Dec 2002	Soil runoff.

(Turbidity is a measure of the cloudiness of the water. We monitor turbidity because it is a good indicator of the effectiveness of our filtration system.)

Inorganic Contaminants							
Barium	2	2	ppm	0.080 (0.018-0.080)	No	Jul & Aug 2002	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Chromium	100	100	ppb	2.9 (ND-2.9)	No	Jul & Aug 2002	Discharge from steel and pulp mills; erosion of natural deposits
Fluoride	4	4	ppm	1.78 (0.19-1.78)	No	Jul & Aug 2002	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Nitrate	10	10	ppm	7.0 (ND-7.0)	No	Jul & Aug 2002	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Selenium	50	50	ppb	7.0 (ND-7.0)	No	Jul & Aug 2002	Discharge from petroleum and metal refineries; erosion of natural deposits; discharge from mines
Unregulated Inorganic Contaminants							
Nickel	N/A	N/A	ppb	4.0 (ND-4.0)	N/A	Jul & Aug 2002	
Sodium	N/A	N/A	ppm	30 (6.9-30)	N/A	Jul & Aug 2002	Erosion of natural deposits
Sulfate	N/A	N/A	ppm	102 (12-102)	N/A	Jul 2000	Erosion of natural deposits
Unregulated Organic Contaminants							
Bromodichloromethaneb	N/A	N/A	ppb	4.8 (1.1-4.8)	N/A	Jul 2000	By-product of drinking water disinfection
Chlorodibromomethanep	N/A	N/A	ppb	1.1 (ND-1.1)	N/A	Jul 2000	By-product of drinking water disinfection
ChloroformN/A	N/A	N/A	ppb	16 (10-16)	N/A	Jul 2000	By-product of drinking water disinfection

No violations occurred in 2002. The state has issued Springs Utilities waivers for asbestos, cyanide, dioxin, glyphosate, nitrite, and all unregulated inorganic contaminants.

Community



Bankruptcy:

Life saver or potential career breaker?

by Capt. Eric Widmar
Office of the Staff Judge Advocate

Most servicemembers, regardless of age, rank, or military specialty, have at least one thing in common — debt.

Credit cards, car loans, mortgages and other types of debt can quickly get out of hand if not managed. Many soldiers who are staggering under the weight of excessive debt turn to bankruptcy in an effort to “wipe the slate clean” and get out of debt. But is bankruptcy really the magic wand that solves all financial problems?

Bankruptcy is a legal proceeding that helps people who cannot pay their bills to eliminate some of their debt and get a fresh start with their finances. Sounds great, right? However, bankruptcy comes with a heavy price. Bankruptcy is a short-term solution that has long-term effects. A bankruptcy stays on a credit report for 10 years, often making it difficult to obtain a loan, buy a home or even get a job.

Additionally, a bankruptcy can harm a military career. Certain MOSs and levels of rank require a security clearance. For example, all of the NCO Academy and officer courses, such as the Basic and Advanced Noncommissioned Officer Courses, the Fort Carson first sergeant course and the Sergeants Major Academy, require security clearances. Pursuant to AR 380-67, the criteria for determining eligibility for a security clearance include “excessive indebtedness, recurring financial difficulties or unexplained affluence.”

Credit reports are reviewed when applying for a security clearance. According to Marcie Loya, Personnel Security Specialist with the Fort Carson Security Office, credit reports are viewed as “proof” of how responsible a soldier is. A bankruptcy on a credit report may send the message that a person cannot live up to their financial commitments and so represent a security risk.

The Army’s Central Adjudication Facility, the agency responsible for authorizing security clearances, will look at other factors surrounding a bankruptcy when determining whether to grant a security clearance. If the bankruptcy was the result of financial irresponsibility, the CAF may deny a security clearance.

There are alternatives to bankruptcy. First, Army

Community Service’s Financial Readiness Team offers free services to help clients deal with creditors and manage debt before it destroys a person’s credit and career. Mary Braxton (526-4590), head of the Debt Management section, can assist by helping clients develop personal debt repayment plans. Braxton can negotiate with creditors to decrease or even eliminate interest rates, thereby potentially saving clients hundreds, if not thousands, of dollars. Furthermore, Braxton becomes the liaison between the client and the creditors.

Second, there are also many civilian credit and debt-counseling services listed in the yellow pages. However, these services charge a fee and perform almost the same services provided by the Financial Readiness Team at ACS. Credit counseling prior to bankruptcy is critically important. In fact, the 2003 Bankruptcy Reform Act working its way through Congress makes credit counseling mandatory prior to filing for bankruptcy, followed by an additional mandatory credit counseling session prior to debts being discharged (“paid off”). Before consulting a civilian credit repair agency, go to www.jagcnet.army.mil/Legal (click on “Money Matters,” then click on “Credit Repair-Self Help”) for information that will help you to make an informed decision.

After talking with the ACS Financial Readiness Team or a civilian credit counselor, bankruptcy may be recommended as the best option. Although federal law governs most bankruptcy issues, different states may have different laws. Discuss this potentially complicated matter with an attorney in the state in which the bankruptcy is being filed. However, there are a few basic issues with which to be familiar prior to talking with a bankruptcy attorney.

First, bankruptcy will not totally eliminate all debt.

There are two different types of debt: secured debt and unsecured debt. Secured debt is incurred when property is used as collateral for a loan. Some examples of secured debt are car loans, home loans, and some lines of credit. When entering into a secured-loan agreement, the lender is given the right to repossess or take back that property if the loan is not repaid.

There are several options with respect to secured debt when filing for bankruptcy. First, it may be possible to return property that has not been paid off and discharge the remaining debt owed in bankruptcy. Second, if payments are up-to-date despite bankruptcy, laws in some areas of the country may allow a debtor to keep the property and continue to make payments in accordance with the original loan agreement. Again, states may have different laws governing secured debt in bankruptcy, and a bankruptcy lawyer should be consulted for the state in which bankruptcy is being filed to determine all options.

The second type of debt is unsecured debt. Unsecured debt is the most common type of debt and includes most credit card bills, medical bills and most personal loans. Almost all unsecured debt will be eliminated through bankruptcy. However, there are certain kinds of debts that will not be dis-

charged through bankruptcy. These debts include alimony, child support, and debts to the government (such as taxes and most federal student loans).

Furthermore, there are different types of personal bankruptcy: Chapters 13 and 7.

If you have a regular income and limited debt, a Chapter 13 bankruptcy allows a person to reorganize debt and keep secured property (such as a mortgaged

Did you know?

A bankruptcy stays on your credit report for 10 years, often making it difficult to obtain a loan, buy a home, or even get a job.

A bankruptcy may harm your military career. Criteria for determining eligibility for a security clearance include “excessive indebtedness, recurring financial difficulties, or unexplained affluence.”

The Central Adjudication Facility looks more favorably upon Chapter 13 bankruptcies when determining whether to grant a security clearance because a Chapter 13 bankruptcy may be indicative of how responsible you are.

Community Events

Claims against the estate of:

Staff Sgt. Andrew Robert

Pokorny: With deepest regret to the family of Staff Sgt. Andrew Robert Pokorny, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Danny Thompson at 526-1040 or (719) 650-9210 (cell).

Miscellaneous

Fort Carson's instructional walking program — The Fort Carson Well Walkers walk Tuesdays and Thursdays at 8 a.m. for the duration of the summer. Pre-registration is required and is ongoing so you can start anytime. Call the Mountain Post Wellness Center at 526-3887 for information and to receive your registration packet.

Enlisted Spouses Charitable Organization — The Enlisted Spouses' Charitable Organization will meet July 16 at 6:30 p.m. at the Elkhorn Conference Center. Membership in ESCO is open to all spouses of enlisted or warrant officer soldiers, whether active duty, Reserve, Guard or retired, and all are invited to attend. Children are always welcome to attend with a parent. If you are interested in joining, please attend a meeting, e-mail us at CarsonESCO@hotmail.com or call our office at the Family Connection 524-1115.

ACAP job openings — Army Career and Alumni Program currently has the following jobs listings for interested personnel. For more information about the jobs, call 526-1002.

What: Counterterrorism analyst in Colorado Springs Who: Anyone with a secret security clearance, bachelor's degree or three to five years experience

What: Loss Prevention Officer in Colorado Springs, (nationwide positions also available)

What: Heavy equipment mechanics, nationwide opening Who: Anyone

with three years experience

Red Cross — The American Red Cross is seeking volunteers for the following positions: management/leadership, Previous Red Cross leadership experience required; Web-page design and maintenance, proficiency in FrontPage software required; social service casework and emergency communications; hospital administrative services (various departments) at Evans Army Community Hospital.

Applications may be picked up at the Red Cross office in the Family Readiness Center, building 1526, room 272 between 8:30 a.m. and 4 p.m. For more information, call 526-7144 or 526-2311.

Closures

The Fort Carson Identification Card section will be closed Thursday and Friday for the training and federal holiday. Section will resume normal hours Monday.

Sports, daycare and camp physicals — Appointments for physicals at Evans Army Community Hospital are provided on a space-available basis through the month of August.

Please be aware that because of deployments associated with Operation Iraqi Freedom, there will be a decrease in available appointments for children requiring sports, daycare and camp physicals. Call Tricare at 264-5000 to schedule an appointment for a physical. If you are unable to access an appointment at EACH, see additional options below.

For vaccinations only, call the Pediatric Immunization Clinic at 526-7653. Walk-in hours are from 7:30 to 11:30 a.m. and 1 to 3:30 p.m. Monday through Friday (closed afternoons on the second Thursday of each month). Bring your child's shot records. If you have your child's medical records, bring them also.

School physicals are not mandated by any of the local Colorado Springs school districts for enrollment. If space is not available at your MTF, physicals can be obtained at the following locations:

Emergicare: All locations provide physicals on a walk-in basis.

Approximately cost — \$50

402 E. Garden of the Gods Road

Phone: 590-1701

4083 Austin Bluffs Pkwy

Phone: 594-0046

3002 S. Academy Blvd.

Phone: 390-7017

Express Care: Appointments available on a walk-in basis or you can call to schedule an appointment. The cost is between \$35 to \$50 depending on type of physical.

2141 Academy Circle

Phone: 597-4200

Local Schools: Often the local schools will offer physicals prior to the start of major sporting tryouts at a reduced cost of \$10 to \$25. Call your local school district to find out more information.

Historic review of the North Vietnam campaigns — Ed Rasimus, F-105 pilot and author of "When Thunder Rolled: an F-105 pilot over North Vietnam" will speak in the Penrose Library, 20 N. Cascade Ave. July 20 at 1:30 p.m., in the 1905 Carnegie Library.

West Nile Virus symptoms and precautions — West Nile Virus is a potentially hazardous disease, which can affect humans, birds and horses, as well as other domestic and wild animals. The disease can be transmitted to humans via infected mosquitoes, which have fed on infected birds, such as crows, ravens, magpies or jays.

Symptoms of WNV:

Mild symptoms include fever, headache, rash, swollen glands and pink eye. Severe symptoms include severe headache, high fever, stiff neck, disorientation, paralysis, coma and death if not treated.

Personal precautions:

- Avoid wetlands, areas of standing water, and areas of mosquito activity.
- Use insect repellent containing DEET when outside.
- Wear light-colored clothing. Long-sleeve shirts and long pants are recommended.
- Limit outside activities at dawn and dusk.

**Army Community Service
Family Readiness Center
526-4590**

Fort Carson's ACS Mayoral Program Presents

NATIONAL NIGHT OUT

America's Night Out Against Crime

"A Welcome Home Event" brought to you by
Fort Carson Army Community Service (ACS)
& Directorate of Community Activities (DCA)

Tuesday August 5

4:30pm-8pm, Iron Horse Park

Family Activities & Community Information

- K9 Obedience Training Demonstration
- Self Defense Demonstrations
- Food, Fun & Entertainment
- Crime Awareness
- Kids Finger Printing



For details, please contact the
Mayoral Program at 526-4590.

• See a doctor if you contract the symptoms listed above.

Preventative measures around the home and workplace:

• Repair holes and tears in window screens.

• Change water in birdbaths and other similar water containers every two-to-four days.

• Drain all locations of standing water, regardless of how small the amount may be (around outside faucets, yard puddles, rain gutters, etc., or any other places where water may accumulate).

Report dead birds (crows, ravens, magpies and jays) to: DECAM Pest Control at 526-0979 or 526-5141; DECAM Wildlife at 579-9088; or the Military Police at 576-2333

For more information on WNV you can also log on to www.cdc.gov/ncidod/dvbid/westnile/.



Courtesy photo

Donation ...

On behalf of the Mountain Post Chapter of the Noncommissioned Officer Association, Command Sgt. Maj. Joseph P. Van Dyke, left of center, garrison sergeant major, and Command Sgt. Maj. Terrance D. McWilliams, right of center, Fort Carson and 7th Infantry Division Sergeant Major, present a check for \$500 to the YMCA accepted by Rik Gervais, far left, and Ted Rinebarger, far right.

ner

Vision and faith guide our freedom, future

by Chap. (Lt. Col.) Scottie R. Lloyd

Visions — people Enduring Freedom. VEF — new acronym? Not really. Just a formula for success we honor every July 4 and every time we thank God for that celebration.

“Without a vision the people perish.” (The Bible)

A vision is more than someone’s thoughts or a plan for the next year. It’s an inspired view of a potential future. About 228 years ago, a handful of people in 13 colonies had such a unified look into Americas’ possibilities. One man in particular saw clearly. He was John Adams, patriot and second president of the United States.

In the musical, “1776,” John Adams paces the floor the night before the vote for independence by Congress. The South has walked out over slavery, many in the Mid-Atlantic states are doubtful, and fears abound. The vision of a free people is diminishing fast. Adams, forever with clear insight, bursts into a song that starts with, “Doesn’t anybody see what I see? I see fireworks and parades and great celebrations...” More

than anyone else Adams portrays a vision of freedom where people can worship without persecution, speak up without fear, and assemble without risk. A strong man of Christian conviction, Adams exercises Gods’ gifts to see that vision of enduring freedom reality.

The cost was high. Those who signed the Declaration of Independence suffered losses of their livelihoods, family, friends, and homes besides enduring torture and death. It was anything but glorious as pictured in movies today. Yet our nations’ ancestors bound themselves together with a common purpose as God blessed and equipped them to do so and the rest is the history we revere.

God’s people have been doing this since time began. Always starting with their God-given faith and abilities they yearn for what the Lord would have them to be and do by praying, fasting, praising and pausing to recognize

God is the author of their freedom and futures.

As we prepare again to celebrate America’s birthday and review all our freedoms, may we do the same. Pause to pray ... thanking God for our freedoms and

seeking direction for our futures. Pause to fast some from the excesses of a four-day weekend so we may hear God’s word clearly for our lives as contributing citizens of this great land. Pause to praise our Creator and Redeemer of souls and nations. This creates an attitude of gratitude.

Have a safe and exciting celebration, but never forget to pause ... seek God ... and receive anew that vision of God’s freedom that truly keeps our nation, any nation, free. That’s an enduring freedom that will last.

“We hold these truths to be self evident that all men are created equal. That they are endowed by their Creator with certain inalienable rights. That among these are life, liberty, and the pursuit of happiness ...”.



Bankruptcy

From Page 11

house) that might otherwise lose. A debtor can develop a repayment plan with a credit-counseling service and present the plan to the court. The court may approve the repayment plan and allow the debtor to pay off debts within three to five years instead of forcing the surrender of property. A Chapter 13 may be the best choice for a person behind in

debt payments, but can catch up if given some time.

The more common bankruptcy is a Chapter 7, or straight bankruptcy. A Chapter 7 bankruptcy allows a person to keep a certain amount of exempt property. Exempt property varies from state to state, but might include specific levels of equity in your car, home and personal property. However, any nonexempt property (like most secure debt) may be taken and sold, and the money used to pay off creditors as much as

possible.

Despite the serious effects of bankruptcy, both positive and negative, there is life after bankruptcy. Bankruptcy is a legal right designed to help people start over. Careful financial management after bankruptcy is decisive to repairing your credit and re-establishing stability in your financial life. The Financial Readiness Team at ACS is an available resource to servicemembers and their families.

If you have more questions con-

cerning bankruptcy, the Fort Carson Legal Assistance Division schedules appointments on the last day of the week for the following week.

Appointments are made for Monday and Friday mornings, as well as all day on Wednesdays.

Walk-in consultations are available on a first-come, first-served basis on Monday and Friday afternoons beginning at 1 p.m. Call the office at 526-5572/5573 to make an appointment for the following week.

Chapel

Wicca group meets at Fort Carson — There are many traditions within Wicca and the tenets, practices and politics vary as they do in many religious groups. The goal for the Fort Carson Open Circle is to allow people of all traditions to come together and learn from each other. They are openly eclectic in that their members are not all of the same faith group but of many different faiths and traditions. They are here to teach each other and to learn from one another. They invite those who have years of experience in their tradition and those who are still seeking their path to come together. The group meets Tuesdays at 6:30 p.m., at the Family University Building, next to McKibben Physical Fitness Center, corner Ellis and Barkeley, on Fort Carson. Call 229-8948 or 634-7243, or e-mail ftcarsonopencircle@hotmail.com for more information

Fort Carson AWANA Club: Making the Gospel fun. AWANA shapes children's lives with a combination of good clean fun, Bible memory and spiritual teaching. AWANA is an international nondenominational organization dedicated to sharing the Gospel of Jesus Christ with young people. The group is similar to scouting and participants wear uniforms, earn badges and are motivated through awards. Meetings are held Thursdays from 5:15 to 7 p.m. Spaces are available for adults who want to be ministry leaders. The leadership training is free. For information, call Susan Webb at 538-9306.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 30 & 2 Samuel 7-9

Saturday — Psalms 31 & 2 Samuel 10-12

Sunday — Psalms 32 & 2 Samuel 13-15

Monday — Psalms 33 & 2 Samuel 16-18

Tuesday — Psalms 34 & 2 Samuel 19-21

Wednesday — Psalms 35 & 2 Samuel 22-24

Thursday — Psalms 36 & 1 Kings 1-2

Chapel Schedule**ROMAN CATHOLIC**

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Jones/526-4206
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Fox/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Fox/524-1166
Sunday	9:30 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166

LITURGICAL

Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
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JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

WICCA

Tuesday	6:30 p.m.		Family University Bldg. 1161		Ms. Costantino-Mead
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MORMON

Sunday	2 p.m.	LDS	Provider	Barkeley & Prussman	Chap. Jones/526-4416
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For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following:

Unit: For the soldiers, families and leaders of Headquarters, Department of the Army staff, located at the Pentagon, who lead the effort to transform the

Army.

Army: For all soldiers, noncommissioned officers and officers who serve as staff personnel in commands all over the world.

State: For all soldiers and families from the state of Massachusetts; pray also for Gov. Mitt Romney, the state legislators and municipal officials of the Bay State.

Nation: Give thanks for the Declaration of Independence. This magnificent gift of God to our nation captures all the ideals on which we were found-

ed, and it continues to guide us in developing our public policy and in carrying out our relations with other people.

Religious: For all America, as we rejoice in the founding of our nation and the blessings of our liberty on Independence Day, the 4th of July. God bless America!

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

Still in the game...

45 years of government service, retirement clerk still won't quit

by **Spc. Jon Wiley**
Mountaineer staff

You'd think that someone who has worked in Fort Carson's Retirement Services Office for the better part of two decades would know how to quit, but in the case of Pete Garcia, you'd be wrong.

The 65-year-old clerk received an award for 45 years of government service June 9, but he shows no signs of letting up.

"I love my job, I love the people I work with and I love my supervisor — she's the best. I want to stay here at least another five years and hit the 50-year mark," Garcia said.

When it comes to the people at his office, his feelings for them are mutual.

"Pete's been with me since I started this job (11 years ago), and truly, if I had to draft a blueprint for a model civilian employee, he'd be it. Dependable, dedicated, responsible, efficient — he's just perfect," said Marlyce Haagensen, Garcia's supervisor, chief of retirement services.

Carolyn Jamerson, a coworker of Garcia's who wasn't even born when Garcia began working for the government, shares Haagensen's high opinion of him.

"He's a blast to work with — he keeps me young," she said.

Garcia began his military service in June 1957, two days after graduating from high school in Center in southwestern Colorado. He enlisted in the Army and received orders to report to Fort Carson for basic training.

"While pursuing an Air Force career, Pete was a single parent back when it was unheard of for a man to raise children on his own."

Marlyce Haagensen
chief of retirement services.

"I enlisted because I didn't want to do any farm work, and that's all there was back home," he said.

Garcia said he immediately took to Army life.

"I was in great shape because I played basketball, baseball and track in high school ... (and) my father was a disciplinarian so the discipline didn't bother me at all," he said.

After three years in the Army, Garcia left and went back home to Center, but he couldn't stay away from military service. After six months, he went along with friends to see an Air Force recruiter and ended up re-enlisting. He served in various commands around the world from 1961 to 1980.

He said the highlight of his career came in 1970, when he went to Slidell, La., to open up a radar base for the Air Force's budding space mission. For a brief period, he was the only person there, acting as both first sergeant and commander.

Throughout the years, however, Garcia's real passion has been fast-pitch softball.

He began pitching for fastpitch teams while still in the Army in 1960, and he didn't stop until five years ago. At age 60, he was still pitching against guys in their

20s in a local league. It was his wife Monica who finally made him quit.

"She thought I was getting too old, but I loved it — I loved the challenge," he said.

In his heyday, Garcia could sling a softball 78 miles per hour, and over the course of his 37-years of play, he won numerous championships — playing for the Air Force all-European team in 1964 and the all-Korean team in 1974.

Garcia brought the same tenacity he displayed in softball to his personal life.

In 1973, he and his first wife divorced, and he was awarded custody of their children, Norman, then 9, Scott, then 7 and Michael, then 5, whom he raised to adulthood.

"While pursuing an Air Force career, Pete was a single parent back when it was unheard of for a man to raise children on his own," Haagensen said.

Garcia said he received plenty of support from the Air Force but admits it was tough.

After returning to the Air Force in 1980, Garcia went to work as a civil servant at Peterson Air Force Base. In 1984, his career came full circle, when he transferred to the place where his service began — here at the Mountain Post.

These days, his mind is still never far from softball. He has four grandchildren, ages 7, 9, 5 and 3. Three of them live close by.

"Right now, they're more into football than softball," Garcia said, but he hasn't given up hope that they'll someday take up the game.

If they do, Garcia, the man who doesn't quit, will undoubtedly be on hand to pitch them balls.

Summertime Play

Now we're off to a good

Fort Carson offers many activities for children of all ages

**by Pvt. Aimee J. Felix
Mountaineer staff**

School's out and television and video games can easily become summertime babysitters, but they hardly provide the outlet a child's energy needs.

Fort Carson's School H provides a summertime activities camp for children grades kindergarten through fifth. The program is available for the children of soldiers stationed at Fort Carson, the children of retired soldiers and civilian employees and contractors. There is a nominal tuition fee, which goes toward paying the caregivers. The children are given two meals and two snacks a day, which are paid for through appropriated government funds.

The camp runs from June 2 to Aug. 15 every summer. Parents have the option of enrolling their children for select weeks only or the whole summer. The children can be dropped off as early as 6 a.m. and are kept involved until 6 p.m., said Patti McLane, the director at School H.

The program divides and groups children according to their age. They are individually assigned a curriculum they follow throughout the summer.

There is a diversity of children in the program. When the children are first enrolled, parents fill out a special needs form. In this form the parent or guardian specifies any special needs

their child may have.

"We have children who are hearing impaired, one with cerebral palsy and children who don't speak English," said McLane. Most of their special needs are serviced here, she added.

The caregivers are trained to supply these needs. The care giver to child ratio is one to 12. Last year there were more than 400 children enrolled. This year, however, there were only 272 children because of the deployments, said McLane.

School H holds field trips for the children, which include roller skating, bowling, swimming and trips to the park at Turkey Creek Ranch. They are often brought to Fort Carson's Ironhorse Park

for picnics. One day the Military Police brought their working dogs for the children to see. The following day the Air Force Academy Falcons, a demonstration team, brought their mascots, two falcons, for the children to see.

Every week a different group has a theme, used to put together a performance for the rest of the children. This week's theme was the circus. The children dressed up as different zoo animals and clowns and put on a circus show.

"Alligator room," the gym room is available for the children to play sports. All their curriculums include an opportunity for them to enjoy the basketball hoops and climbing wall in this room.

"We also teach them that along with play

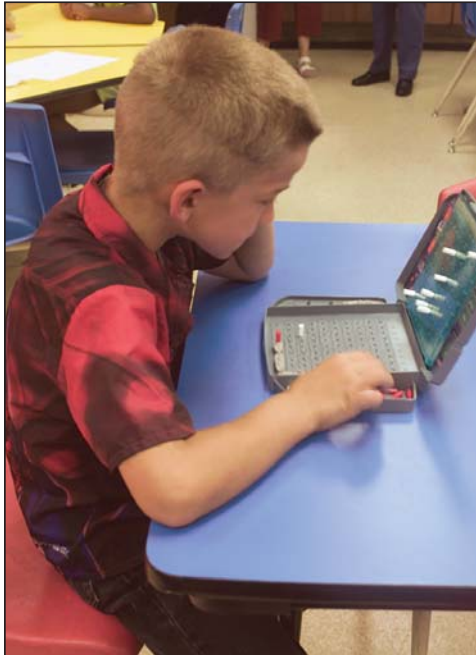
comes clean up," said Terri San Augustin, the incoming director. On a given day the children get together to clean up their toys and organize their rooms. They also have pet hamsters they are in charge of feeding and cleaning up after.

"Our activities are geared around developing the youngsters' creativity, sense of reliance and teamwork," said Ana Navarro, program director in charge of operations at School H.

"It's a great program more parents should take advantage of," said Navaro. Our energetic and involved staff provides a great alternative to the day-to-day routine of staying at home with a babysitter, she added.



The caregivers at School H encourage their students to clean up after themselves. This young girl has volunteered to clean up a full bin's worth of toys.



Board games are available for children to play in their downtime. Here, this child is engulfed in a game of battleship.



Abigail Labenaut and Timeshia Williams made this flag in honor of our servicemembers overseas and of our country's independence. The children are writing the name of a soldier they know overseas.



In light of the Fourth of July celebrations, the fifth graders made bottle rockets out of soda bottles and construction paper.

Photos by Pvt. Aimee J. Felix



Out & About

4 July - 11 July 2003

Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161
Visit us at www.ftcarsonmwr.com

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Join us at the
Fort Carson Golf Club
Bldg. 7800 Titus Blvd.
July 7-10 • August 4-7
6:00 - 7:00 p.m.
To Register Call 526-4102
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Every Day of the Week!

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WEEKDAY EVENINGS

DATE	MOVIES	RATING
27 Jun	COYOTE UGLY	PG-13
28 Jun	BRING IT ON	PG-13
29 Jun	THE WATCHER	R
30 Jun	WHAT LIES BENEATH	PG13
1 Jul	WAY OF THE GUN	R
2 Jul	NURSE BETTY	R
3 Jul	LADIES MAN	R

SATURDAY MOVIE MATINEE

21 Jun	RUGRATS IN PARIS	G
28 Jun	THE LITTLE VAMPIRE	PG

1st Annual CG's 4th of July Fun Run



SPECIAL EVENTS CENTER BUILDING 1829 • SPECKER AVE.

JULY 4, 2003 • REGISTRATION AT 6:00 AM
RACE STARTS AT 8:00 AM
FREE CHILDREN'S RUN IMMEDIATELY FOLLOWING ADULT RUN
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AWARDS - AWARDS - AWARDS

OLDEST, YOUNGEST, LARGEST FAMILY, LARGEST UNIT, UGLIEST DOG
MOST PATRIOTIC DRESSED RUNNER, BEST DECORATED BIKE IN RACE
ENTRY FEE WILL BE \$1.00
OFFICIAL 1ST ANNUAL CG'S 4TH OF JULY FUN RUN T-SHIRT WILL BE \$10.00
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THE UNITED STATES ARMY COMMUNITY AND FAMILY SUPPORT CENTER PRESENTS

ARMY SOLDIER SHOW 2003

AN ARMY
ENTERTAINMENT
PRODUCTION

Fort Carson's McMahon Theater

Bldg. 1517 McDonald Street

8 - 9 July 2003

Doors open 1 hour before each show.

8 July, 9 July,

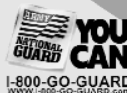
Show starts at 7:30 pm Show starts at 2:30 pm
Show starts at 7:30 pm

All Shows are
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for next year!**

Performance Workshop at
The Fort Carson
Outdoor Recreation Complex
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Tickets are required for entrance.
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in Our Hometown



Come Join Us Fourth of July

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activities start at 4:00 pm

FREE Activities for
Adults, Families and
Children!

Refreshments
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Beer Garden and more!

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Parent and Child Woodcraft Class

6 - 8 pm
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Small Wood Projects
Available to Build upon Arrival

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Only \$5.00 + Materials

For More Information
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Family Skate Night Every Saturday

at the Fort Carson
Special Events Center
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**10 & under and beginners
3 - 5 pm**

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524-1163 or 526-1023



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Grant Library, 4950 Flint Street, Bldg. 1528, Fort Carson
Summer Children's Program

For Ages:
6-12

Wednesdays
June 11- July 16
10-11 AM

FOR MORE INFORMATION
CALL: 526-2350



Sports & Leisure

Lady Mountaineers play for top spot

by Bill Scharton
Mountaineer staff

The Lady Mountaineers competitive slowpitch softball team will get a chance to avenge its only loss of the season at 9 p.m. today on the Skyview Sports Complex Field 4 diamond.

First place in the Colorado Springs Parks and Recreation, women's slowpitch silver division will be on the line tonight when the Lady Mountaineers battle the Little Rascals. The Lady Mountaineers head into the contest with a 6-1 record while the Little Rascals are undefeated at 6-0.

The Lady Mountaineers only setback of the season came at the hands of the Little Rascals May 28 by the score of 25-14. Poor defensive play was the main reason for the defeat in this contest.

"It was our worst defensive effort of the season," said player/manager Catherine Satow. "The errors were costly. I am glad we get another shot at them. I am confident we will play much better

this time."

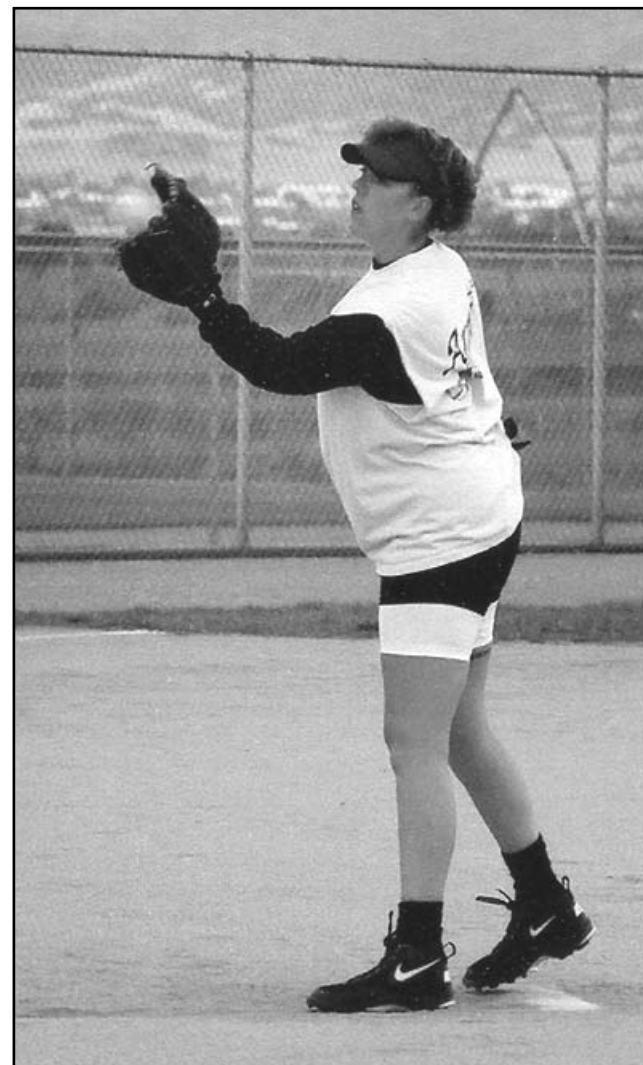
The Lady Mountaineers picked up season win number six June 25. The Lady Mountaineers used timely hitting and solid defense to record a well-played 15-5 victory over the Bijou Babes.

In the top of the first frame, the Lady Mountaineers tallied three runs with some productive plate appearances. Three straight singles by Ali Vaughn, Amber Barker and Dawn McCarty produced the first run of the game. Singles by Kim Routon, Emily Hvizdos and Pam Norris resulted in two more tallies for the Lady Mountaineers. The offense added another run in the top of the second inning.

At the same time, the Lady Mountaineers defense was turning in some sparkling plays. The Lady Mountaineers did not allow a run in the first three frames, stranding five base runners in the process.

The Lady Mountaineers offense came to life again in the top of the fifth inning. Twana Denton tripled and was singled home by Carolyn Smith. Donna Wright drove in Smith with a base hit and this was followed by a single from Vaughn and a walk to Barker. With the bases loaded, slugger Nina Dawson cleared the bases with a three-run triple. Routon got Dawson home with a single and the Lady Mountaineers had a five spot on the board.

A six-run offensive outburst in the top of the sixth inning sealed the deal for the Lady Mountaineers. McCarty delivered a two-run single and Dawson knocked in two more runs with



Shannon LaFever was the starting pitcher for the Lady Mountaineers and picked up the win in the team's 15-5 victory on June 25. LaFever and the Lady Mountaineers' defense held the opponent scoreless for the first three innings of the contest.



Photos by Bill Scharton

Shortstop Dawn McCarty was an offensive force for the Lady Mountaineers in the team's 15-5 victory June 25. A pair of McCarty singles drove in three runs for the Lady Mountaineers.

Soldier wins Women's Modern Pentathlon Nationals

by Tim Hipps
Army News Service

Spc. Michelle "Mickey" Kelly resorted to her cross-country expertise June 8 to win the women's 2003 U.S. National Modern Pentathlon Championship at Penrose Equestrian Center.

The victory assured Kelly a spot on Team USA for the 2003 World Championships. She entered the last of five events exactly one minute behind leader Monica Fling and eventual runner-up Mary Beth Iagorashvili, America's No. 1-ranked pentathlete in the daylong competition.

It didn't take long, however, for Kelly to run them down and win going away with an 11-minute, three-second clocking in the three-kilometer, cross-country run.

"I didn't want to go out too fast, and I never want to take anything for granted," said Kelly, 25, a native of Chatham, N.Y., and member of the U.S. Army World Class Athlete Program stationed at Fort Carson, Colo. "I knew that I could do it, but I like to wait to talk about it until after I've crossed the finish line."

Kelly was consistently strong in shooting, fencing, swimming and equestrian — the other four sports that make up modern pentathlon — knowing all along that the cross-country run would be her ace in the hole.

"Most importantly, I had a pretty good day," continued Kelly, who ran cross country, indoor and outdoor track for Cortland University in upstate New York. "I wasn't super-high in anything, but I hung in there and stayed within reach of everyone, and that was important for me because I know I can run fast."

Kelly began the day by scoring 940 points in shooting a 17-caliber air pistol from 10 meters. In fencing, she placed seventh by winning 16 of 30 one-minute bouts for 888 points.

Kelly kept pouring it on in the 200-meter freestyle with a fourth-place finish in 2:31.22.

Kelly placed fourth in the equestrian event, in which riders randomly draw for their mounts, then race against the clock, jumping 12 barriers, including a double and triple jump aiming for a perfect score of 1,200 points.

Ditto for 1st Lt. Anita Allen, who entered the Nationals ranked No. 2 in America but who has been battling allergies and a nagging foot injury. She finished fourth overall and third among Americans.

"Since I haven't been running, I haven't been fencing for two months, so I've lost distance, timing and a lot of skills," said Allen, 25, a 2000 graduate of West Point from Star City, Ind., who secured a spot in the 2003 Pan American Games, scheduled for Aug. 1 to 17 at Santo Domingo, Dominican Republic.

Nevertheless, in the run, Allen let it all hang out to finish third in 11:38. "I could've gone harder, and if I was in better conditioning I maybe could've run up to second, but I'll take third nationally," she said. "That's what I needed."

Allen credited the Army World Class Athlete Program for prolonging her Olympic dream.

"Without the support of WCAP, it would be impossible to do this sport," she said. "It's so finan-

See Pentathlon, Page 22

Carson employee races through the clouds

by Spc. Chris Smith

14th Public Affairs Detachment

Most of the year, Davey Schmidt works for LB&B as a quality control technician, but in his off time, he's a gladiator decimating hills and his competition in a gantlet of ferocious mechanical battles.

Schmidt races in Colorado Hill Climbing Association events around the state. Saturday, however, Schmidt took

part in the "Daytona" of hill climbing in the Pikes Peak International Hill Climb in the Truck/SUV category.

Finishing as the points leader in last year's CHCA runnings hasn't been something that has come easy. Schmidt was born into racing; growing up he watched his dad turn laps at local Colorado oval tracks and was even almost born at one.

He races in CHCA events, a total

of six yearly, and has an all-volunteer crew of family and friends who help him out with race preparations. He admits without their help none of the Colorado races would see his entry.

Racing this year was decidedly difficult, but with a small field of entries in his category, Schmidt stood to do pretty well.

"I don't think it'll be any change," Schmidt said of the smaller than normal field prior to the race. "It's always fun, and it's not too often you get to race against somebody you grew up watching."

This year Schmidt sparred against Leonard Vahsholtz, a local racer Schmidt vividly remembers watching growing up.

The first two races this season haven't gone well for Schmidt. He didn't finish the first race due to mechanical problems and the second was cancelled due to a rare rain out.

The rough start hasn't dismayed Schmidt. For two weeks prior to technical inspection on June 23, he and his team stripped the Sonoma down to the frame.

"You have to prepare. If you don't prepare, something little could take down the truck," said Schmidt who one year was taken out of the running when

a \$2 valve spring broke.

"One year I walked across the finish line," Schmidt said of the 2000 hill climb where he blew his transmission.

Staying focused and getting into the normal routine is what Schmidt says helped him.

"(Before a race) I surround myself with friends and family, I pace the pit and socialize with the crew around the truck," he said.

Schmidt said his routine and the practice runs taken earlier this week were crucial to his performance.

Due to mechanical problems, Schmidt was unable to complete Saturday's race. His '03 Chevy S-10 broke down two miles short of the finish line when his transmission blew in a eerily similar repeat of his unfortunate 2000 incident.

"It was a bummer," said Schmidt. "That's part of the mountain. I feel so bad for my crew; they worked so hard."

Despite the disappointing finish, Schmidt and his crew are back in the shop and getting the truck ready for another race in two weeks at Victor. While Schmidt works his days at Carson ensuring quality, he'll gladly continue to work nights and weekends at the shop and on the hills of Colorado.



Photo by Spc. Chris Smith

Davey Schmidt rounds a corner at the Devil's Playground area of the Pikes Peak International Hill Climb Saturday. Schmidt was forced out of the races shortly thereafter with mechanical problems.

Track runners qualify for regional junior olympics

by **Bill Scharton**
Mountaineer staff

Several members of the Fort Carson based Joe Gentry's Track Troupe have qualified for the July 10 to 13 Region 10 junior olympics track and field meet in Phoenix.

The troupe members qualified for the regional meet during competition at the Colorado State junior olympics track and field meet June 21 and 22 in Littleton. The top three finishers in each event at the state meet qualified for the regional competition.

Troupe member GinAsia Hamilton captured state championships in both the 200 and 400 meter dashes for the bantam girls division (9 years old and younger). She also placed third in the long jump and will compete in all three events at regionals.

The other state champions

included Maurice Blackledge in the midget boys (10 to 12 years old) long jump, Raymond Blackledge in the intermediate boys (15 and 16 years old) long jump and triple jump, Rena Napoleon in the young women's (17 and 18 years old) 400 meter dash and Tiffany Morton in the young women's 300 meter hurdles.

M. Blackledge also qualified for regionals in the 100 meter dash, R. Blackledge also qualified for regionals in the 200 meter dash and Napoleon also qualified for regionals in the 200 meter dash. Daniel Blackledge qualified for regionals in the intermediate boy's long jump and triple jump, Jasmine Rollins qualified in the intermediate girls 400-meter dash, Michael Jones qualified in the young men's triple jump, Jerrod Landress qualified in the young

men's 400-meter dash, Christopher Singleton qualified in the young men's high jump and

Jamile Young qualified in the young women's 400-meter dash.

The troupe's 1600-meter relay team in the young women's division placed first in the state meet and qualified for regionals. The runners are Napoleon, Morton, Young and Ivory Stewart.

The troupe's 1600-meter relay team in the intermediate girls division qualified for regionals with a second place finish at the state meet. The runners are Rollins, Zoria Brooks, Jessie Humeston and Faybiana Gobert. The troupe's 1600-meter relay team in the young men's division placed second in the state meet and qualified for regionals. The runners are Landress, Jones, Matt Bartholomew and Kevin Lambkins.



Photo by Bill Scharton

Joe Gentry's Track Troupe member Zoria Brooks, left, checks out the starting blocks prior to a race at a meet this spring. Brooks and her intermediate girls (15 and 16 years old) 1600-meter relay teammates qualified for the regional junior olympics.

Sports briefs

UCCS basketball camp offers discounts

A 50 percent discount is available to the military and Department of Defense community for the final University of Colorado at Colorado Springs children's basketball camp of the summer. The camp will run July 14 to 18 on the UCCS campus.

The camp is open to boys and girls 7 years old through senior year in high school. The cost to military and DOD members is \$65. To register for the camp or for additional information, call Jennifer Fleming at 262-3602.

4th of July 10K Fun Run

A 10-kilometer 4th of July Fun Run, sponsored by the commanding general's office, will take place at 8

a.m. Friday at the Special Events Center. Race registration will be on site starting at 6 a.m. A free short-course children's run will follow the main fun run.

The event is open to all active duty military, family members, Department of Defense civilians and retirees. There will be a \$1 entry fee. For additional information, call 526-2151.



Photo by Bill Scharton

Come on Dad, hit the ball ...

Six-year-old Alex Aquiningoc and her 2-year-old brother Nathan watch their dad, Lorenzo Aquiningoc, play intramural softball at the Mountain Post Sports Complex. The children, along with their mother Andrea, came to the United States for the first time in May when Lorenzo was transferred to Fort Carson from Germany. Andrea is from England, Alex was born in the Netherlands and Nathan was born in Germany. Lorenzo is assigned to the 7th Infantry Division and plays intramural softball for the team from U.S. Army Garrison and the 7th ID. "This place is beautiful," said Andrea about Fort Carson and the surrounding area. "It is like a picture postcard."

Pentathlon

From Page 19

cially expensive. Nothing but encouraging words comes out of the WCAP office. They're always willing to put you where you need to be, get you where you need to go, and give you the things that you need in order to be competitive."

Those same sentiments were shared by Colorado Army National Guard 2nd Lt. Lara Hammerick, who finished sixth overall and fifth among Americans, despite a perfect 1,200-point ride.

"The World Class Athlete Program actually brought me into the Army and I think I'm a good fit for the Army," Hammerick said. "It really has allowed me to compete at a different level than before. I was always working full time, trying to train, and trying to learn, and it's just next to impossible to do that with this sport. The Army has really allowed me to focus on just doing that. It's a great program."

Kelly joined the Army in November 2001 and the World Class Athlete Program after completing Advanced Individual Training. Now she trains full-time at the U.S. Olympic Training Center.

Earlier this year, she won the women's 2003 Armed Forces Cross Country Championship at San Antonio.

"This is a big step up for me," she said. "I've been working really hard. Pentathlon is five sports and the hardest thing is to put it together all in one day. This was a pretty good 'putting it together all at one time.'"

Editor's note: Tim Hipps is a sports writer for USACFSC Public Affairs

Baseball important to family

by Bill Scharton
Mountaineer staff

T-ball and baseball have always been a favorite summer activity for the Welshofer family.

This summer, it might be more important than ever because husband and father, Lewis Welshofer, is deployed to Iraq with the 3rd Squadron, 3rd Armored Cavalry Regiment.

So this summer, wife and mother Barb Welshofer is coaching the Fort Carson Youth Services Center 5- and 6-year-old Cubs T-ball team. Thirteen-year-old son Matt is the assistant coach and 6-year-old Mackenzie plays for the Cubs. The other family member, 10-year-old Nick, plays for the 10- to 12-year-old Rockies baseball team.

"My husband (Lewis) called a few days ago," said Barb

Welshofer Saturday, following the Cubs' T-ball game. "He said he is hot, dirty and tired, but otherwise, he is doing OK.

At this point, he has no idea when he will get to come home."

The Cubs were playing the Angels Saturday morning under ideal summer weather conditions (the team had two rain outs during the wet spring). The players were having a blast and assistant coach Matt was providing instruction to the outfielders on defense and the hitters on offense.

"Coaching is still hard, but I think it has gotten a little easier," Matt said. "Sometimes the players are a little wild. I'm sure I was that way too.

"This is only our third game of the season. But the players have already improved. I am proud of them."

Head coach Barb agreed with Matt's assessment. "The players have been learning the basics. They are starting to play together as a team."

Following the game, the Cubs' team had a meeting and coaches Barb and Matt presented a game ball to one of the players.

"During the course of the season, everybody will get a game ball," said Barb to the players. "Everybody did a real good job today. Dakota (Levi) gets the game ball today."

Dakota was pleasantly surprised when he received the game ball from coach Matt.

Fort Carson Youth Services Center T-ball and machine pitch baseball are scheduled to run through July 19. Player pitch baseball (10 to 12 years old) goes until July 26.



Photo by Bill Scharton

Six-year-old Mackenzie Welshofer gets ready to play defense Saturday during the Cubs' T-ball game in the Fort Carson Youth Services Center 5- and 6-year-old league.

Elitch's coasters, water park draw visitors



Photo courtesy Six Flags

Island Kingdom water park is a popular sunny day diversion at Denver's Six Flags Elitch Gardens. More than 850,000 gallons of water are used in the water park. The midway and rides are in the background.

Aby Nel Lampe
Mountaineer staff
pproaching downtown
Denver on Interstate 25,
the colorful steel loops
and tracks of roller coast-
ers catch the eye. There's a Ferris
wheel, tall tower and other shapes of an
amusement park. It's close to the Pepsi
Center, the Aquarium and Invesco
Field. Owned by the Six Flags theme
parks, locally the park is more often
referred to as "Elitch's" or "Elitch
Gardens," the name of the original
amusement park.

The park started small, in a differ-
ent location. It was an apple orchard at
the outskirts of Denver, near 38th
Avenue in 1890 when John and Mary
Elitch added a baseball diamond, picnic
tables and animals. As the park became
popular, more attractions were added,
including a theater, dance hall and
carousel. Elitch Gardens was filled with
flowers, trees and picnic pavilions.

In 1994, it was decided the amuse-



Photo courtesy Six Flags

The Big Wheel in motion creates a colorful pattern at Six Flags Elitch Gardens amusement park near downtown Denver.

ment park should be near downtown.
The original park was closed. Rides
were dismantled and moved to the new
location. It re-opened in 1995 after mil-
lions of dollars in improvements and
rides were added.

Six Flags Elitch Gardens has more
than 40 rides and attractions on the 50-

acre park.

Like roller coasters? Six Flags
Elitch Gardens has five of them.

Try the Flying Coaster, the first of
its kind anywhere in the world. The
Flying Coaster is based on the princi-
ples of flight and was created by the
Italian company Zamperia. According
to Eric Curry, spokesman for Six Flags
Elitch Gardens, "It's a Turbulence-free
flight (with) a daring, realistic flying
sensation."

Try the Mind Eraser, a world-class
monster coaster which dives, spirals,
rolls over and spins. Harnesses secure
riders into a passenger car which leaves
their feet dangling, climbs 100 feet
then, at 60 miles per hour, heads toward
earth, followed by a corkscrew ride and
loop.

The Boomerang launches from a
125-foot lift through three looping
inversions then up a vertical track,
reverses its course with passengers rid-
ing backward. The Boomerang has



Photo courtesy Six Flags

Waterpark users cool off in Castaway Creek in Six Flags Elitch Gardens.

Elitch's



Places to see in the
Pikes Peak area.

July 2, 2003

See Elitch, Page 26

Elitch

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1,800 feet of track and riders experience speeds of 50 mph.

The Sidewinder is a green coaster which takes passengers forward, then backward and through a giant serpentine loop, then back again.

People who prefer a wooden coaster can enjoy Twister II. It was moved, piece-by-piece from the 38th Avenue location in 1995. Twister II riders reach heights of nearly 100 feet, followed by head-spinning drops and turns and a final ride through a tunnel.

But there’s more than coasters at Six Flags Elitch Gardens.

Ride the Big Wheel — a 100-foot Ferris wheel with a breathtaking view of downtown Denver.

The Tower of Doom is another popular ride. Riders free-fall 22 stories, feet dangling freely, before plummeting 60 mph toward the ground.

Or try the Chaos, which tilts, whirls and turns at the same time. The seats are random action, making each ride different.

Other rides include the carousel, Disaster Canyon, Shipwreck Falls, the Sea Dragon, Western Round-Up, Tea Cups, Spider, Thunder Bolt and Thunder Road Demolition Derby.

Not had enough yet? Try the Tilt-A-Whirl, Observation Tower, Troika or the Turn of the Century.

The water park, Island Kingdom, is quite popular and is included in Six Flags’ admission. It features more than 850,000 gallons of water, tropical plants and lounge chairs. Blue lagoons, twisting or turning waterslides, crashing waves, palm trees and meandering rivers entice hot visitors.

People enjoy cooling off on the water slides, cruising down the lazy river or body surfing in



Photo courtesy Six Flags

The first in the world, the Flying Coaster is Six Flags Elitch Gardens’ newest coaster.

the wave pool.

Hook’s Lagoon is a five-story interactive tree house water play structure with 75 features and Shipwreck Falls is for all members of the family. Takers go up a 180-foot incline, followed by a plunge over a 50-foot waterfall into a tidal wave.

There’s Paradise Pipeline, the Sun Plunge and Swiss Family Toboggan, Cannonball Falls, Castaway Creek, Acapulco Cliff Dive and Commotion Ocean.

Tubes are necessary for some of the water rides and are for rent. Save yourself money and hang on to the tubes until you’re ready to leave the water park.

Rental boxes are available at Tennyson Street Emporium, Island Kingdom Water Park, near the Sidewinder, Disaster Canyon and the Boardwalk for stowing swimming gear.

Sun screen, sunglasses, swimsuits and other amenities are available for purchase at the Big Kahuna Surf Shop. Photographs and jewelry are available at other shops and there’s a Six Flags Kids Store.

Added when the park was taken over by Six Flags, StarToon Studios appeals to younger children. There’s a dozen rides for those under 48 inches tall. The Batman Forever Thrill Spectacular is a movie-style stunt show, with daredevil stunts and special effects.

“What’s Up, Rock, features Bugs Bunny Daffy Duck and others.

The “Broadway Revue” is in the Trocadero Theatre and features singing and dancing.

There are games and arcades in the park.

There are plenty of food choices in the park including standard fare of burgers, fries and shakes, pizza, hotdogs, sandwiches, barbecue, nachos and pretzels are sold. There’s no outside

food allowed in the park. There are picnic tables outside the main gate or in the parking lot. Get your hand stamped for re-entry if you make the trip back to your car for lunch.

In partnership with Universal Lending Pavilion, which hosts concerts on the grounds of Pepsi Center, Six Flags Elitch Gardens Season Pass holders can attend 15 concerts. Concert performers include Elvis Costello, Bjorn Again, the Go Gos and the Temptations.

Season passes purchased after June 15 are \$84.95, or \$250 for a four pack.

Six Flags Elitch Gardens is open from 10 a.m. until 10 p.m. every day, mid June through Aug. 10. Beginning Aug. 10, the park is open Fridays, Saturdays and Sundays from 10 a.m. until 10 p.m. The park is open from Aug .11 to Aug. 21 during the week but closes at 8 p.m.

Although the park remains open through Nov. 2, the days and hours it opens is varies and hours are shortened after mid-August. Check the calendar on a tourist brochure available at the Information, Tickets and Registration office, go online at www.SixFlags.com or call (303) 595-4386 to check the hours.

The park celebrates Halloween the month of October through Nov. 1 and 2, with haunted houses and a trail.

Admission to Six Flags Elitch Gardens is \$34.99 for an all day ticket for anyone 48 inches and taller. Guests under 48 inches are charged \$19.99 and children under 3 are admitted free. Or, buy tickets in advance at the ITR Office, located in the Outdoor Recreation Center. Tickets there may be purchased for \$22 for adults or anyone taller than 48 inches. And, if you buy three tickets you get the fourth one free.

To reach Six Flags Elitch Gardens, take I-25 north to Denver and take Exit 212A.

Parking is \$8.



Photo courtesy Six Flags

Passengers make a turn on the Mind Eraser at Six Flags.



Photo courtesy Six Flags

Passengers are a blur on Twister II, a wooden coaster.

Just the Facts

• Travel time

one hour

• For ages

all

• Types

amusement park

• Fun factor ★★★★★

(Out of 5 stars)

• Wallet damage

\$\$\$ (plus food)

\$ = Less than \$20

\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$80

(Based on a family of four)

Get Out!

Renaissance Festival

The annual Renaissance Festival at Larkspur runs through Aug. 3, Saturdays and Sundays only, rain or shine. Admission is \$15.95 for adults and \$8 for children 5 to 12 years of age. More information is available at www.coloradoarenaissance.com. July 5 and 6 is "Children's Weekend," when children are admitted free with a paying adult.

Independence Day events

The Colorado Springs Jazz Festival is in Memorial Park Friday, from 11 a.m. until the fireworks are over. Children's activities, climbing walls food and nine bands are on the agenda, including "Big Bad Voodoo Daddy." Entrance is free to this annual big picnic in the park.

Cherry Creek Arts Festival is one of Denver's best festivals. There's fine art and fine cuisine beginning at 10 a.m. Friday, Saturday and Sunday, at the Cherry Creek Shopping Center, between 2nd and 3rd avenues between Clayton and Steel. There's music and entertainment. Go online at www.cherryarts.com.

Races, fireworks and concerts are at Pikes Peak International Speedway Friday. Gates open at 11 a.m., opening ceremonies start at 3 p.m. Races are the Weld Racing Silver Crown Series, National Sprint Car Series and National Midget Car Series. Following the races are concerts by Accidental Superhero, The Last Band on Earth and Tiny Barge and the Big Chill and fireworks. Tickets at PPIR box office or call 382-7223. Servicemembers get half-price tickets.

Free admission to Rock Ledge Ranch historic site Friday for servicemembers. Independence Day is marked in an old-fashioned way, with readings, games and entertainment. Military families with ID are admitted free, for others it's \$5 for adults, \$3 for teens and \$1 for children. The ranch is at the entrance to Garden of the Gods off 30th Street. Food will be sold.

One child is admitted free to JoyRides Family Fun Center Friday with a paying parent. Admission is \$16 for an adult, \$12 for a child under 11.

Family Day at Ironhorse Park will be Friday at

4 p.m. The group "Brothers" plays a variety of music; there'll be entertainment, food vendors and competitions. Activities and entertainment will be free. Grills and picnic tables will be available for families who want to bring their own food, or purchase funnel cakes, ice cream, hamburgers, brats and more in Ironhorse Park. Fireworks are at 9:30 p.m.

Sky Sox has its Independence Day fireworks spectacular Thursday, rather than Friday, following the 7:05 game with Iowa. Call 597-1449 for information.

Free tickets for Central City Opera are made available as an Armed Forces tribute. The first 50 persons to call the ticket office (303) 292-6700, can attend the opera "L'Italiana in Algeri" Friday at 2 p.m. or the opening bill Saturday at 8 p.m., "I Pagliacci" and "Goyescas." Additional details at www.centralcityopera.org.

Soldier Show

The Army Soldier Show will be at Fort Carson Tuesday at 7:30 and Wednesday at 2:30 and 7:30 p.m. in McMahon Theater. The Army's best entertainers travel the world entertaining soldiers. Entrance is free; but tickets are needed and are available at Information, Tickets and Registration.

Ride the rails

The Royal Gorge Route Railroad is on its summer schedule. Trains run three times each day, at 9:30 a.m., 12:30 and 3:30 p.m. Tickets are \$26.95 for adults and \$16.50 for children. This summer, a twilight dinner excursion at 7:30 p.m. Saturdays for \$69.95. Reservations are recommended, call (888) Rails-4U.

Stomp

Stomp, the popular group that makes noise into an art form, performs at the Pikes Peak Center, 190 S. Cascade July 15 to 20. Tickets start at \$28.50 and may be arranged at 520-7469.

Pancake street breakfast

The annual Colorado Springs Street Breakfast is set for July 16, from 5:30 to 10 a.m. The street breakfast of pancakes and the trimmings is served in the middle of Pikes Peak Avenue, between Tejon and Nevada. The annual breakfast, prepared by soldiers, is a kickoff for the rodeo. Tickets are \$5 and may be purchased on site.

Pikes Peak or Bust Rodeo

The annual Pikes Peak or Bust Rodeo is Aug.

6 to 10 at the Colorado Springs World Arena. "Tanya Tucker in Concert" follows the Aug. 8 rodeo and "Rushlow in Concert" follows the Aug. 9 rodeo. Rodeo tickets include the concert ; call 576-2626.

Fine Arts Center theater

The Fine Art Center's Youth Repertory Theater Company presents "Les Miserables," school edition. All actors and singers are ages 13 through 19. Tickets are \$12 in advance or \$13 at the door. Performances are July 25 and 26, 29 and 30 at 7 p.m. A 2 p.m. performance will be July 27. Call 634-5581 for tickets.

Pikes Peak Center

Tracy Chapman is at the Pikes Peak Center Friday 2 for her "Let it Rain Tour." Tickets are available at Ticketmaster, 520-9090.

The Tommy Dorsey Orchestra, conducted by Buddy Morrow, is at the Pikes Peak Center Sunday at 2 p.m. Call 520-7469 for information.

State Fair concerts

Concert tickets are for sale for the Colorado State Fair at Ticketmaster, 520-9090, and the State Fair Box Office. An appearance by Weird Al Yankovic opens the series Aug. 16. He's followed by Kellie Coffey and Gary Allan; and Pat Benatar and Neil Giraldo. Other performers are Rascal Flatts; Sawyer Brown; Last Man Standing; Lonestar; Jaci Velasquez; Tom Jones; 3 Doors Down and Chicago. Professional bull riders, super tough trucks, a demolition derby and amateur boxing are also on the agenda. A Charreada rodeo is at 5 p.m. Aug. 31.

Bird watching

Learn about birds in the region at the Florissant Fossil Beds National Monument July 13, from 8 to 11:30 a.m. The program includes searching for birds, followed by a multimedia presentation. Wear sturdy shoes and bring water. There is no fee for the program other than the \$3 adult entrance fee. Reservations are necessary for the bird watching program. Call (719) 748-3253.

Ice cream social

The Good Old Summertime Ice Cream Social in Manitou Springs Soda Springs Park is July 9 from 5:30 to 8 p.m. There'll be ice cream and home baked pies after the pie baking contest. To enter the contest, call 685-5089. Ice cream is \$1 per scoop, pie is \$1 a slice. A live band will entertain.

Happenings



Program Schedule for Fort Carson cable Channel 10, today to July 11.

Army Newswatch: includes stories on Gen. Eric Shinseki's retirement, Operation Peninsula Strike and operations in Kirkuk (repeat). Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on World War II submariners memorial, duty pay in Bahrain and the USS Kitty Hawk. Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: special edition: Town Hall Meeting at Wright-Patterson Air Force Base, Ohio, with the secretary of the Air Force and the chief of staff of the Air Force (repeat). Airls at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact chief of command information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit an e-mail or clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before airing time.

Courtesy photo

Stomp ...

Beginning as street performers in England, this group is a percussion sensation, making rhythm from brooms, lighters, trash cans or wooden poles. In Pikes Peak Center July 15 to 20. Call 520-9090.